Chichester Herald

Friday 16 August 2013
YOUR FREE WEEKLY NEWSPAPER

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COMPETITION
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Natural relief from mosquito bites
HEALTH & BEAUTY
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'Ouch! I'm outta here'

>> *Average earners can't afford homes for sale in Chichester*

Suzanne Rust
REPORTER
NEWS@CHICHESTERHERALD.CO.UK

CHICHESTER has been named as the least affordable place to buy a home, according to research.

A combination of high house prices and low local wages has made the city less affordable than even London, job and property listing site Adzuna claimed, leaving locals looking to relocate elsewhere.

Adzuna calculated the affordability of areas by working out the mortgage a couple each earning average salaries for the area could afford, based on a 25 per cent deposit and borrowing 2.75 times their joint salary. It then worked out the percentage of homes listed for sale in the area that were within that price range.

It calculated the affordability of rent in a similar way - working out the proportion of homes listed to let that a couple on local salaries could afford if they spent a third of their wage on rent.

The most affordable city for homebuyers is Belfast, Northern Ireland - 90 per cent of homes are within budget and the average couple house price to salary ratio is just 2.1.

In England, properties in Hull, Middlesbrough and Bradford, sell for an average £124,438 and are therefore only 2.2 to 2.7times the average earnings. Couples can afford 9 out of 10 properties in these areas.

The least affordable areas are generally in the south but it is not London where buyers struggle the most. Chichester is the least affordable place to live for buyers on average local incomes, according to the data. The average salary in Chichester is...

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Chichester is the toughest market for local workers to buy a home out of their average wages

MORE HEADLINES >>

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Local News

Chichester's Victorian police force and their feline mascot

A NEW exhibition reveals members of Chichester's early police force had an unusual mascot – a cat.

A photograph from the 1880s shows eight members of Chichester City Police posing for an official force photograph in full uniform with their moggy mascot. The photograph is part of a new exhibition at The Novium in Chichester.

Museum staff have been researching the photograph and discovered that the officer holding the cat was a PC Gough. The photograph was donated to the museum in 1974.

Kerrill Winters, Exhibitions Officer, says "I think the photograph is fascinating and it was something of a serendipitous find for us. Once I saw it I knew I had to get it into the exhibition and I'm really pleased that it fits so well in our new display. Despite the officers looking very formal in their uniforms, the presence of the cat shows their whimsical side – a trait you might not associate with police in the Victorian era. Unfortunately we don't have much additional information on the photo, so we don't know why the officers had a cat for a mascot. But if anyone knows we'd be really pleased to hear the answer!

"The City Police force was formed in 1835, taking over the city watch house near Eastgate as its Police station. Quite soon after this photograph was taken the Chichester City Police became part of the West Sussex Constabulary in 1889."

Officers at Chichester's current police station say they did not know of the photograph's existence until the new exhibition and they have been keen to find out more about it.

The new exhibition quotes from a letter dated 2 October 1880 written by one of the officers pictured, PC Joseph Phillips, also known as Police Officer No 4. The letter is an apology to the then Mayor of Chichester for being sent home because he was drunk on duty.

He admitted: "To his worship the Mayor and gentlemen of the Watch committee. Gentlemen all I have to state that on Sloe Fair night I had a drop of spirits with a friend and it made the worse for drunk. I am sorry to it happened and I hope you will look over it this time I promise you gentlemen that I never do it again I am gentlemen you honrible and obedant servant. Joseph Phillips, PC 4"

The Sloe Fair is still held annually in the city and policed by local officers.

The new exhibition – A Window on the History of Chichester – looks at how the city and district developed over the past 2,000 years. It explores eight key time periods that have helped define the city's present surroundings, beginning with Chichester's

connection to the Roman world.

Visitors can also find out about the building of the historic Market Cross in Tudor times and the construction of well-known grand houses such as Petworth House and Edes House in the 17th and 18th centuries. Rare images from the museum archive will be on display. The exhibition also features more recent including items from the opening of the Chichester Festival Theatre in 1961.

The new exhibition covers the first floor gallery and joins the other key exhibits at the museum, including the remains of Chichester's Roman bath house, the Chilgrove Mosaic and the Jupiter Stone.

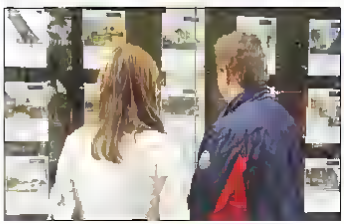
Continued from page 1

...actually smaller than many Northern towns where homes are the most affordable. The average wage in Bradford is £20,760 whereas in Chichester it is £25,801.

Couples buying their first home in Chichester may have to widen their search as they can only afford 11 per cent of properties in the city, with the average house price sitting at £391,778.

If they are willing to travel, a couple earning an average wage in Chichester could afford more than half of properties in nearby Portsmouth 30 miles away, and 40 per cent of properties in Bournemouth, 60 miles away.

London is still a tough market buyers with 75 per cent of homes on the market are out of reach for the average couple. However, high wages paid in the capital mean London is only eighth on the list least affordable places – the average house price in London is £581,563 and the average wage £41,833.



Adzuna says bargain hunters looking to stay in the South should head to towns such as Luton and Southend-on-Sea where homes are now more affordable than this time last year.

Further South, Portsmouth is the most affordable southern city – with over 68 per cent of houses on the market within budget, a two per cent rise since 2012.

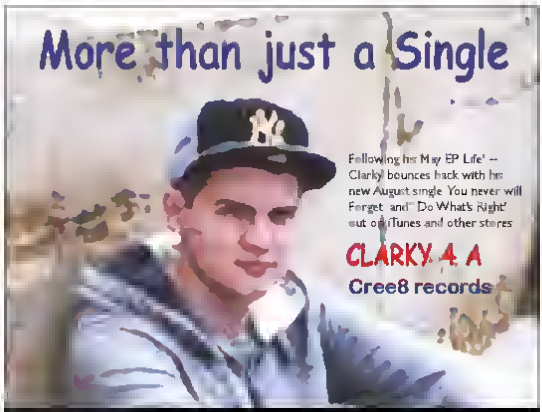
Andrew Hunter, co-founder of Adzuna, said: "With rates of pay falling and property prices rising, it's clear that homes in Britain are becoming less affordable and that we're in a renters' not a buyers' market."

Anorak Corner

Did you know? A taster of Chichester facts and figures...

Did you know, many of the original Pagham Beach dwellings are bungalows constructed from old railway carriages?

More than just a Single



Following his May EP 'Life' – Clarky bounces back with his new August single 'You never will Forget' and 'Do What's Right' out on iTunes and other stores

CLARKY 4 A

Cree8 records

DEE ANDERSDN comes to Cree8 Records. Dee the daughter of the well known TV Puppeteers Gerry & Sylvia Andersan 'Thunderbirds', now in her own right of Singer with her 2007 album ' Love in a Dark Place' welcomes the challenge of hitting the music scene with a new approach and new label.

DENNIS COWAN is back with, and proud to announce his liaison with RAY WILLIAMS (USA) former management Ricochet (Gerry Rafferty/ Elton John/ The Blues Band) who will be representing the USA Distribution for Cree8 Records – The Lowery Music Group/Media.

Tweets of the Week!

All tweets are from Chichester people or about the area
(Some tweets may contain errors)

@cheshellen
"The new @KevinBacon @ee shedload of data ad. Filmed at West Wittering beach near me, down in Chichester"

@InspWillRolls
"13 prisoners in #ChichesterCustody in the last 24hrs. 7 of these for offences on #ChichesterDistrict"

@PictureInside
"Huge thank you to the team at @CREDJewellery Chichester for our amazing wedding rings! #fairtrade"

@milacharlie
"Will look for inspiration on my lunch break tommorow, good things come from those who work in chichester."

@tateliverpool
"Did you know that a beautiful stained glass window by #Chagall is in Chichester Cathedral?"

Follow us: @chiherald

You leave the shop feeling stupid

Tommy Boyd

SALESMANSHIP
Everybody's upselling this summer. You buy something for eight quid and the person at the till has to say 'Did you know at the moment you can get two for ten pounds'. You leave the shop feeling stupid for missing a bargain, or cheap for not having a spare two quid, or gullible for falling for it.

WASPS
I love them. They make people do their wasp dance, an eccentric mix of samba and air juggling. Always with the face of Basil Fawlty. Brilliant.

CHILD SALESMEN
Children are brilliant at selling. Well, brilliant at getting parents to part with money. They rush up to anything on a shelf, and take it to mummy/daddy saying "Oooh look at this, this is great!" or "Daddy this is the very latest Spongehob thing, it is so cool". Scientists do not know where they learn this, or why they want to acquire stuff they don't know what it is.

STREET LAMPS
Talking of street lamps, next time you cross the water to Hayling Island check out the new street lamps. They look totally like huge UFOs. Brilliant.

WHEELIE BINS
It's an issue if you are going away on holiday, whether you leave the bins with what might end up as a month old prawn shells etc sweltering in 28 Fahrenheit, or do as we did and take the wheelie to the tip and clear it out.

METRIC
Please go back to Fahrenheit. Hitting 100f is do-able, and monstrously more exciting than 29c. It's the same with distances. All our street signs are in miles, yet our children have kilo-everything's drummed into them. Are we mad?

MONEY
Admittedly metric money is better, but that's because we're dealing in maths when we shop, which is several times a day. And £2.39 plus £3.72 is a lot easier than £2 7s 4p plus £3 14s 11p. Jeez, how did we do those sums?

TAXI FOR CAMERON
The PM has done a PR stint as a taxi driver. He's doing a lot of photo opportunities right now. This could mean a snap election is brewing. The Lib Dems are maybe planning a breakaway to sharpen their chances at the next election. A Coalition split would leave the Tories short of a majority. Dave doesn't want to go to the polls because he's been cornered in a Commons vote.

BUS FOR THE LORD
Nice old story. A Tory Peer voted for a public transport Bill even though he'd never been on a bus or a train in his life. He decided to put that right the same evening. He saw a bus stopping outside Parliament, so he waved his chauffer driven Rolls away and jumped on the Number 27. The conductor approached him and asked for his fare. The Peer looked at him and said "Number 35 Cureon Gardens, Knightsbridge please." And settled down for a doze until they got to his house.

JOKE
Tommy Cooper:
"A man goes to his local Gym and says to the instructor 'Can you teach me to do the splits?' the instructor replies 'How flexible are you?' the man replies 'I can't do Tuesdays or Thursdays.'"

CONTACT TOMMY AT TOMMYBOYD@CHICHESTERHERALD.CO.UK FOLLOW TOMMY ON TWITTER @THETOMMYBOYD

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Chichester Herald is a free newspaper available for self-selected pick up every Friday across Chichester and the surrounding area in a wide variety of locations with a weekly readership of up to 75,000.

Distribution locations include: Tesco, Sainsbury's, Waitrose, Iceland, Chichester bus station, Chichester train station, Westgate Leisure Centre, Nuffield Fitness & Wellbeing, Graylewold, newsagents, One Stop, Chichester College plus 300 newspaper stands in the area. Chichester Herald is also in all coffee shops. We also distribute at least one newspaper to the majority of businesses in your area including industrial estates and the outskirts of the city.

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12 Sep **FIDDLER ON THE ROOF** Mayflower Theatre
18 Sep **MATILDA THE MUSICAL** Cambndge Theatre
18 Sep **CHARLIE & THE CHOCOLATE FACTORY** Theatre Royal Dury Lane
05 Oct **I'LL BE BACK BEFORE MIDNIGHT WITH 2 COURSE LUNCH** The Mill Sonning
15 Oct **DANIEL D'DONNELL** Fairfield Halls Croydon
17 Oct **EVITA** WITH LUNCH OPTION Mayflower Theatre
31 Oct **GHOST THE MUSICAL** WITH LUNCH OPTION Mayflower Theatre
12 Nov **JERSEY BOYS** Pnnce Edward Theatre
14 Nov **SCROOGE** Mayflower Theatre
21 Nov **THE NUTCRACKER ON ICE** Mayflower Theatre
28 Nov **WAR HORSE** New London Theatre
12 Dec **JOHN RUTTER'S CHRISTMAS CELEBRATIONS WITH R.P.O** Royal Albert Hall
13 Dec **STATUS QUD** Brighton Centre
14 Dec **JOOLS HOLLAND & GUESTS** Brighton Centre
15 Dec **DIVERSITY - LIMITLESS** Brighton Centre
17 Dec **BOYZONE** Brighton Centre
28 Dec **CHRISTMAS SPECTACULAR** The Royal Albert Hall
JAN **ROBIN COUSINS' ICE** Mayflower Theatre & Brighton Centre (various dates)
04 JAN **PETER PAN, THE NEVER ENDING STORY** Wembley Arena

04 JAN **DISNEY ON ICE - DARE TO DREAM** 02 Arena
09 JAN **ROBINSON CRUSOE & CARIBBEAN PIRATES** Mayflower Theatre
15 JAN **ONE MAN, TWO GUVNORS** Theatre Royal
15 JAN **WICKED** Apollo Victoria Theatre
15 JAN **THE LADYKILLERS** Vaudeville Theatre
19 JAN **CIRQUE DU SOLEIL - QUIDAM** Royal Albert Hall
23 JAN **THE SNOWMAN** Mayflower Theatre
30 JAN **DAME EDNA - EAT PRAY LAUGH, FAREWELL TOUR** Mayflower Theatre
05 FEB **FROM HERE TO ETERNITY** Shaftesbury Theatre
05 FEB **THE BODYGUARD** Adelphi Theatre
09 FEB **READY STEADY COOK LIVE** MayflowerTheatre
20 FEB **WEST SIDE STORY** New Victoria Theatre Woking
01 MAR **WAR HORSE** Mayflower Theatre
27 MAR **MATTHEW BOURNE S SWAN LAKE** Mayflower Theatre
02 APR **MIRANDA HART** Brighton Centre
2/3 APR **DANCING ON ICE THE FINAL TOUR** Wembley Arena
03 APR **BUDDY** WITH LUNCH OPTION Mayflower Theatre
05 APR **LIVE IN CONCERT PIRATES OF THE CARIBBEAN WITH ROYAL PHILHARMONIC ORCHESTRA** Royal Albert Hall
23 APR **SEVEN BRIDES FOR SEVEN BROTHERS** New Victoria Theatre Woking
14 MAY **DANCE TIL DAWN WITH VINCENT & FLAVIA** New Victoria Theatre Woking
05 JUN **FILM MUSIC GALA 2014 WITH RPO** Royal Albert Hall

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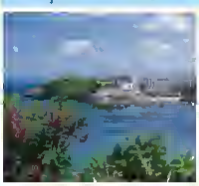
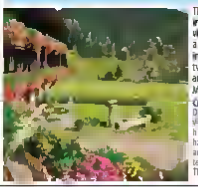
Tenby & Pembrokeshire — 30 Sep 2013 - 5 Days



The South West Wales resort of Tenby on the Pembrokeshire coast has a maze of narrow streets, a picture-que harbour and magnificent bays with sandy beaches. We have include excursions along Carmarthen Bay as well as Wales' smallest city, St Davids.

Park Hotel ★★★
This welcoming 3-star hotel has breathtaking views across North Bay of Tenby. All rooms are en suite with TV, telephone, hairdryer and hospitality tray. The hotel has a restaurant, bar two lounges, an outside pool and sun terrace. Dancing is a regular feature at the Park where they try to cater for most tastes. There is a lift that serves most rooms.

The Black Forest — 5 Oct 2013 - 7 Days



The unbeatable scenery of the Black Forest, including many river valleys, mountains and pretty villages, is matched by traditional hospitality and a warm family welcome. We are based in Triberg, in the heart of the Black Forest, and have included two scenic train journeys, a cruise on Lake Titisee and a visit to the amazing Black Forest Open Air Museum.

Chwarzwald Residenz Hotel ★★★
Our three-star hotel is located on the edge of the pretty village of Triberg, and is a five-minute steep walk uphill into the centre. As well as restaurant and bar, the hotel has a very pleasant sun terrace, an indoor swimming pool and sauna. The 41 bedrooms are equipped with TV, telephone, kettle, ironing facilities, hairdryer and balcony. The hotel has a lift.

Norfolk & The Broads — 14 Oct 2013 - 5 Days

The county of Norfolk offers a rich historical heritage, pretty villages and varied landscapes including the famous Broads. We explore the area by train – both the Poppy Line and the Bure Valley Railway, by boat across the Broads and by coach on a scenic drive to the coast and Blickling Hall.

Dunston Hall Hotel ★★★★
A majestic, Elizabethan-style mansion, built in 1859 and lovingly restored to its former glory set in 150 acres of beautiful wooded Norfolk parkland. All bedrooms are en suite and have satellite TV, telephone, hairdryer, evening facilities and room safety tray. The hotel also has a state of the art gym, indoor swimming pool, sauna and steam room. All rooms have lift.

Isles of Scilly (by Air) — 18 Oct 2013 - 6 Days

Our customers return to these beautiful isles again and again to enjoy the warm hospitality of the team at The Atlantic Hotel, the fantastic gardens, walks and a climate that attracts migrating birds, dolphins and seals, and all year round exotic plants and flowers thrive.

Atlantic Hotel ★★★
Centrally located in High Town on St Marys, the Atlantic Hotel is on the waters edge, overlooking the harbour. It is a delightful, rambling old inn with plenty of character. All rooms have TV, telephone and hospitality trays. The hotel does not have a lift and there is only one ground floor room. The restaurant overlooks the waterfront and there is a pool terrace.

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Three men arrested on suspicion of burglary in Arundel

POLICE are appealing for people to check if they have unknowingly been the victim of burglars.

On Sunday 11 August officers from Chichester stopped a black Volkswagen Golf heading eastbound on the A27 at Arundel and found a bicycle and a substantial quantity of jewellery inside.

Three men – a 31 year-old and a 22-year-old from Hampshire and a 24-year old of no fixed address – were arrested on suspicion of burglary and questioned before being released on bail until 11 September.

Sussex Police launched Operation Magpie to tackle burglary across the county.

A police spokesman said: "We have not yet been able to link the items that were seized to a burglary but that could be because the victims have not noticed their valuables have been taken.

"We would urge anyone who thinks they might have been a victim of burglary to contact us."

Anyone with information should call 101 quoting serial 447 of 11 August or the independent charity Crimestoppers anonymously on 0800 555111.

Police are no longer looking for a suspect in Selsey rape

POLICE are no longer looking for a suspect for a rape reported in Selsey on 29 July.

Initial reports from the 18 year-old woman were that she may have been raped near to The Lifeboat Inn between 9pm and 11pm.

However after further information from the woman, detectives are no longer looking for a suspect in this case.

Detective Sergeant John Kalli said: "We want to reassure people in the Selsey area that we are no longer looking for anyone and thank them for their assistance in this case."

Appeal to identify body in sea at Bognor

POLICE are trying to identify the body of a woman pulled from the sea a mile off Bognor on Monday 12 August at 4pm.

The woman's push bike with a basket on the front was found at the entrance to the alleyway by Aldwick Hundred, Craigwell Lane, Bognor. It was locked to a post and a bag and coat were found at the other end of the alleyway by the beach.

Detective Constable Claire Daysh said: "We have been unable to identify the woman at this time and are appealing for anyone with information about who this maybe or who saw her bike or bag and clothing in this area. Ring Sussex Police on 101 quoting serial 1071 of 12/8."

The woman is described as a white, 5' 5", 13 stone, of large build, with long wavy dyed brown hair. She had a gold silver ribbon tied to her right wrist and wore a black wrist wallet.

She was wearing a purple t-shirt with the logo Basic Original by South Lodge.

Her death is being treated as unexplained but not suspicious.

Woman charged with GBH following incident at Buthins Bognor

A WOMAN has been charged with inflicting grievous bodily harm after another woman received head and facial injuries following an incident at Buthins in Bognor on 11 April.

Tina Love, 27, of Acacia Road, Dartford, Kent, has been charged and bailed to appear at Worthing Magistrates' Court on 27 August.

The 47-year-old victim was treated for her injuries at St Richards Hospital, Chichester, including an attempt to replace a piece of her nose which had allegedly been bitten off. She has since been discharged from hospital to recuperate.

• ANYONE caught driving without insurance in from today faces a fine of up to £300, up from £200 currently.

Those stopped in Sussex also have their vehicles seized until they have shown proof they have insurance, at a cost of £150 plus £20 per day the vehicles are in storage.

In the first seven months of this year more than 1100 cars were seized and taken into storage.

Among them have been sports cars including a Porsche Boxster and a Lotus Elise as well as a series of luxury vehicles including a £40,000 Range Rover and an Audi A6.

Sussex Police must keep the cars for 14 days for the owner to claim them, meaning it can cost the owner more than £550 to get them back if they wait for two weeks – on top of the fine for having no insurance in the first place.

While the majority of vehicles seized have been claimed this year, more than 280 have been disposed of, mainly through being scrapped.

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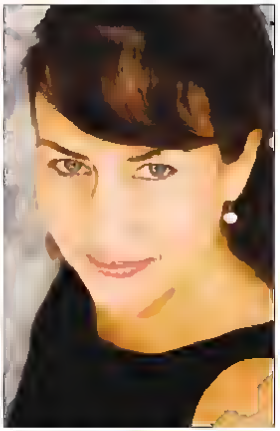
Stylish Events

University of Chichester students to work with Man Booker Prize long-listed author

WHEN the University of Chichester's English and Creative Writing students start the new semester in September, they will be working with Man Booker Prize long-listed author Alison MacLeod. MacLeod, whose novel Unexploded is among the 13 works going forward for shortlisting, is Professor of Contemporary Fiction at the University and teaches the undergraduate and postgraduate creative writing courses. Professor MacLeod describes being long-listed for one of the most prestigious literary awards as 'like winning", an experience that she will share with her students.

The English and Creative Writing undergraduate and postgraduate courses at Chichester are among the most established in the UK. Students join a community of dedicated writers and scholars and work with practising poets, novelists, short story writers, and dramatists to hone their writing skills and prepare for their professional career. Many authors have subsequently published work originally started in their MA seminars, including the Three Sussex Writers Isabel Ashdown, Jane Rusbridge, and Gabrielle Kimm.

Head of the English and Creative Writing Department, Professor Simon Barker, said: "We are understandably incredibly proud of Alison and are delighted that she has received recognition for the high-calibre of her work. It's also great news for our students. Alison's insight into her experience will be invaluable for writers starting out on their careers."



Alison MacLeod

The Man Booker Prize longlist will be cut down to six in September and the eventual winner, announced in October, will receive £50,000. Click on www.chi ac.uk/english for more information about English and Creative writing courses at the University of Chichester.

Cycling routes across West Sussex boosted by Department of Transport grant

SIX major cycling routes in West Sussex are to be extended after a successful bid was made for Government funding.

More than £5.4m is being invested in a network of cycling routes into and around the South Downs National Park.

A joint bid was made by the South Downs National Park Authority, West Sussex County Council and other neighbouring authorities to the Department of Transport for the funding.

The aim is to encourage safe cycling for all abilities and improve cycle routes to and from railway stations.

The cycle routes to be upgraded in West Sussex are:

- Arundel Station to Arundel Wetland Centre;
- Barnham Station to Bignor Hill via Fontwell;
- Centurion Way to be extended from Binderton to West Dean;
- Downs Link crossing point on A283 Steyning Bypass at Bramber;
- Downs Link from Shoreham town centre to the South Downs National Park; and
- Midhurst cycle routes.

West Sussex County Council's Cabinet Member for Highways and Transport, Peter Montyn, said: "This is fantastic news for cyclists who want to get out on their bikes in the countryside safely.

"We believe extending these routes will encourage more people to get out in the saddle and ride.

The improvements in cycle routes near train stations can only boost sustainable travel too."

West Sussex County Council's Members' Cycle Champion and Chairman of the Rights of Way Committee, Derek Whittington, added: "We can now crack on with some 'shovel ready' schemes, which the County Council has been working on for some time.

"We are keen to complete them as early as possible and bring sustainable access to the national park for our residents and tourists."

The Department of Transport will provide £3.8m towards improving cycling routes in the South Downs.

The remaining £1.3m is being invested by the South Downs National Park Authority, West Sussex County Council, Hampshire County Council, Brighton and Hove City Council and East Sussex County Council.

The improvements in West Sussex will be made by either the County Council or the National Park Authority.

The work is expected to be completed by March 2015.

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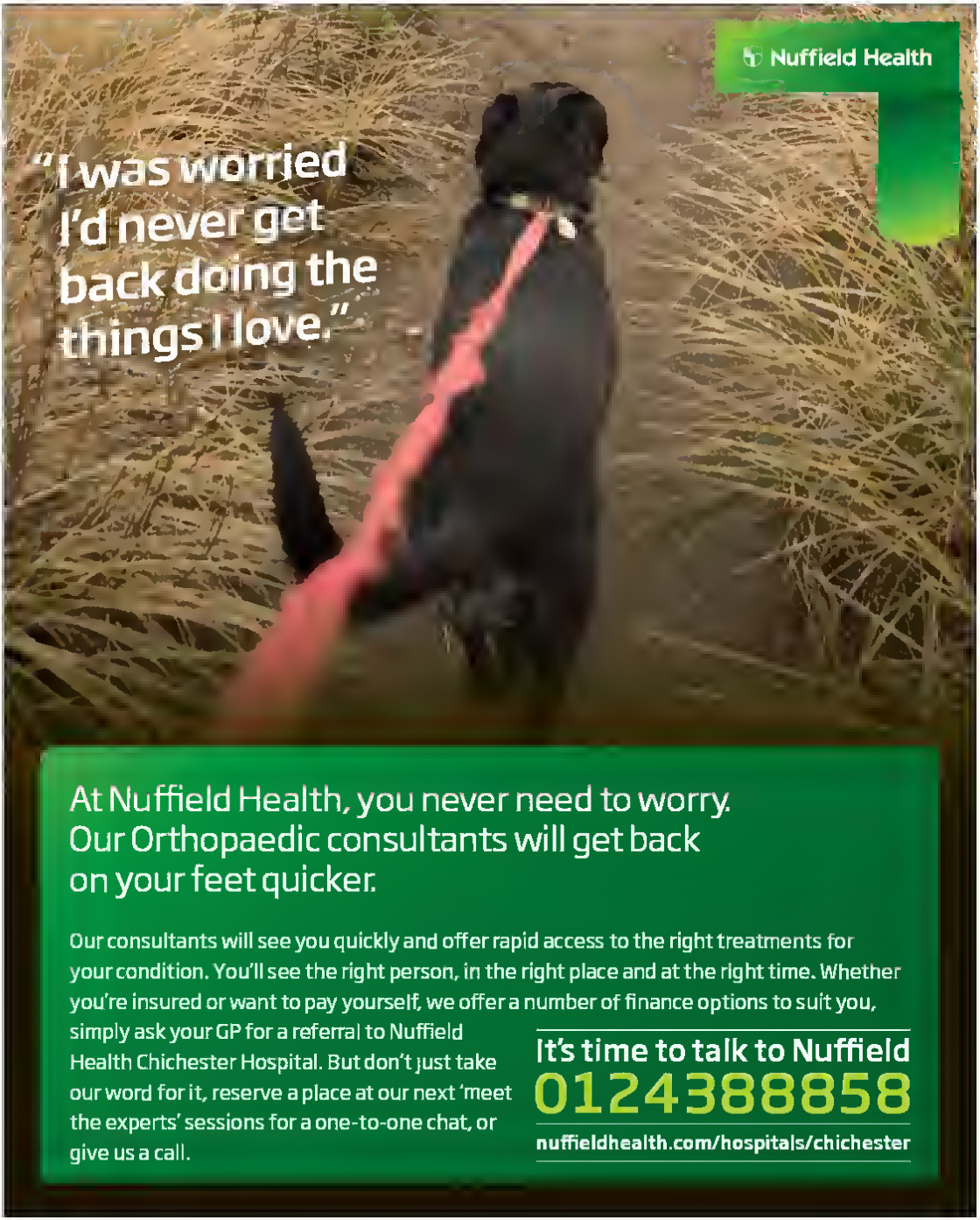

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Local woodsman judges competition to design a rural home for the future

LOCAL WOODSMAN Ben Law has helped to judge Chichester District Council's Design a Rural Home for the Future competition.

Schoolchildren in the Chichester District were invited to showcase their artistic talents by designing a home for the future.

Mr Law was on the judging panel which met on Friday at The Novium in Chichester to pick a winner.

The competition attracted 28 entries. The winner and two runners up will be announced in September and the winning entries will be displayed at The Novium.

Mr Law is well-known for building his own eco-house near Midhurst. He has appeared on Channel 4's Grand Designs and BBC One's Countryfile.

Speaking about the competition he said: "These designs are really exciting and the children have really thought about them. I really like some of their ideas."

The judging panel also included Councillor Carol Purnell, Cabinet Member for Housing and Planning at Chichester District Council, Cathy Hakes, the council's Rural Housing Enabler, Austin Wade, Development Manager of The Hyde Group and Chris Monks, Construction & Development Director at Austin Builders.

The competition is open to all Key Stage 2 pupils in the Chichester District and was launched during national Rural Housing Week in June.

Children were asked to imagine what rural homes could look like in the future, taking into consideration new technology that may be available and how new, affordable homes can be built to provide much needed housing for local people without damaging the natural environment.

The prize for the winning school is £200 of art and design vouchers with an additional £50 for the winning designer. The competition was run by the council in conjunction with the Hyde Group and Austins builders.

Cllr Purnell says: "The issue of affordable housing in rural areas is rarely out of the media. How we deal with the housing situation in our rural areas now is very relevant to the next generation. We are pleased that this competition has given children across the district the opportunity to engage with this topical issue and we have been inspired by the brilliant designs that we have received from our local young designers of the future."

The judging panel considers the designs. Councillor Carol Purnell, Cabinet Member for Housing and Planning at Chichester District Council, Chris Monks, Construction & Development Director at Austin Builders, Ben Law, Cathy Hakes, the council's Rural Housing Enabler, Austin Wade, Development Manager of The Hyde Group and Henry Russell, a pupil at Bishop Luffa School.

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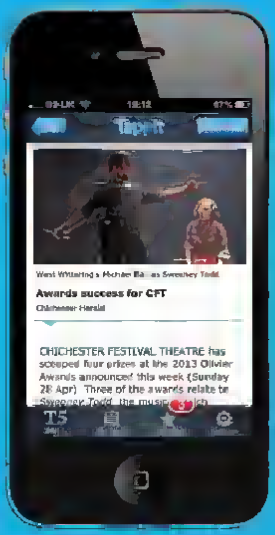
Awards success for CFT
Chichester Herald
CHICHESTER FESTIVAL THEATRE has scooped four prizes at the 2013 Olivier Awards announced this week (Sunday 28 Apr). Three of the awards relate to

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Rethink your drink

A NEW CAMPAIGN across Chichester and West Sussex highlights the dangers of drinking every night at home and reveals this can be as dangerous as binge drinking

The campaign warns that social drinking or a regular drink to relax after work can seriously affect your wellbeing. It does not matter what you drink, the effect on your health, risk of cancer, heart disease and liver damage could be similar

The campaign is focusing on 35 to 55 year olds and encourages them to 'rethink' how much they drink

Around a fifth of adults in West Sussex admit to drinking at levels which can lead to increased risks to their health. Almost seven per cent of residents admitted drinking at a level which could put them at a high risk of damage to their health

Research with this target group has been carried out on behalf of West Sussex Wellbeing teams in district and borough councils and the results have been used to plan a project to reduce risky drinking behaviours in adults. The campaign is entitled 'Rethink Your Drink' and focuses on drinking in the home, and what people might think is a safe, nightly drink to relax at home after work

Three short films, available on the 'Rethink Your Drink' website will help promote the campaign and ask viewers to think about their drinking behaviour

The research found that working adults aged 35 to 55 who drink at what are increased risk levels do not readily acknowledge that their drinking is putting their future health at risk

The 'Rethink Your Drink' campaign is raising awareness particularly among this age group with a triple wellbeing message

- daily drinking can be as bad for you as binge drinking
- how will your drinking impact your children?
- alcohol can cause weight gain and make you look old before your time

Live theatre performances using flash mobs at public events and venues, a interactive website and social media will be used by Wellbeing teams to highlight the dangers of regular drinking and encourage individuals to make a pledge to change their lifestyle choices

Councillor Eileen Lintill, Chichester District Council's Cabinet Member for Leisure, Wellbeing and Community Services, says: "It's very easy to go home and have a couple of glasses of wine or beer to relax after work but we may not realise that by doing this regularly we are drinking above the recommended amounts and putting our health at risk."

Councillor Paul Wotherspoon, Arun District Council Cabinet Member for Community Development, says: "This campaign has a simple message for us all to follow – 'rethink how you drink' and I'd encourage everyone to take a few minutes to do that and make sure you are drinking within a safe level."

Elaine Thomas, Chichester Wellbeing Manager, says: "The aim of the campaign is to challenge the stereotype of 'risky' drinking being just something that young people do. The main message is that it doesn't matter when or where you drink alcohol, if you drink above the recommended limits you could be putting your health at risk."

Although you might not think it, risky drinking can be relatively easy to do. For example, risky drinking is regularly consuming one large (250ml) glass of wine on five nights of the week for women, and two pints of beer on five nights of the week for men

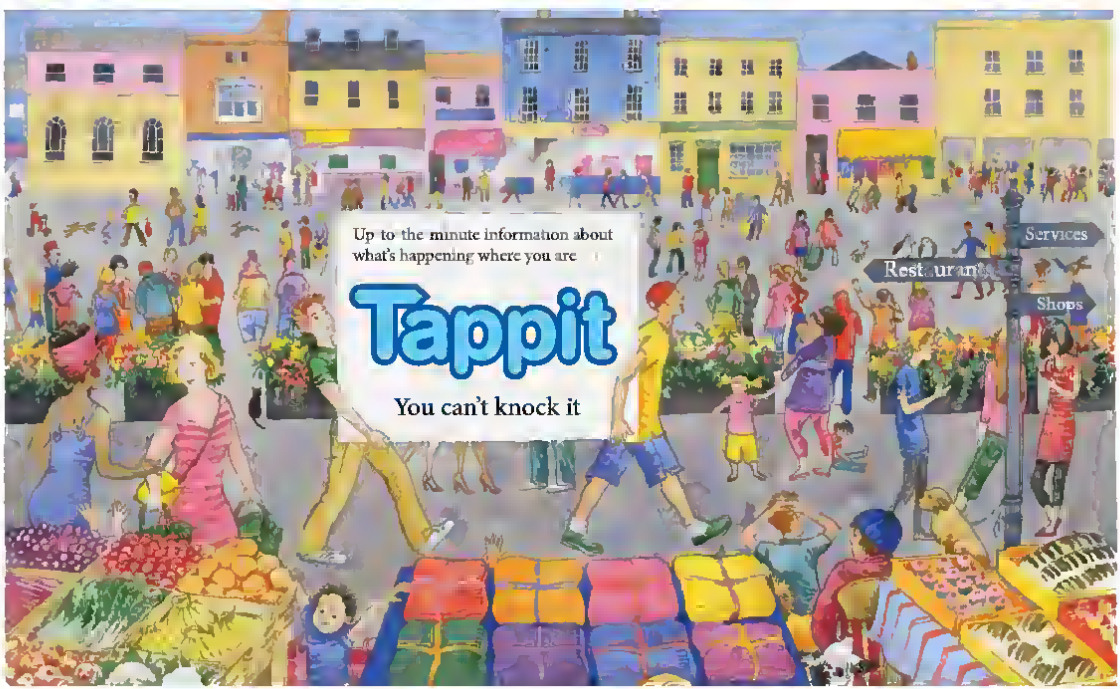
Increasing risk drinkers (who are at an increasing risk of alcohol-related illness) are defined as

- men who regularly drink more than three to four units a day but less than the higher risk levels, and
- women who regularly drink more than two to three units a day but less than the higher risk levels

Higher risk drinkers (who have a high risk of alcohol-related illness) are defined as

- men who regularly drink more than eight units a day or more than 50 units of alcohol per week, and
- women who regularly drink more than six units a day or more than 35 units of alcohol per week

For information on the campaign see www.rethink-your-drink.co.uk



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Hundreds of cats/kittens need homes

Cat and Rabbit Rescue Centre

The Summer Fayre sprung many surprises including one lucky gentleman getting his face painted by Stephanie Wildman www.facepaint4u.co.uk

GOOD NEWS: Gino & Guy, KF100-09 & KM115-10, Kirsty & Warrior have homes. THANK YOU!

The Summer Fayre attracted over 1500 people. The Rescue Centre opened its doors to show most of the 300 cats/kittens in rescue as well as the rabbits and guinea pigs. There were stalls to browse, refreshments, fun and surprises.

Cats waiting for a home

- Budd is black and Laurel is black and white, a gentle 10 year old pair.
- Claude is a 4 year old, friendly and vocal Bengal.
- Casper is black & white, 13 year old with a ready purr and soft coat and deserves a loving, caring home after his experiences.
- Greystoke, a 3 year old grey male & Hades, a 2 year old grey male, both friendly and affectionate and came from a home with a dog and other cats.
- Friendly Judith, a black & white 6 year old & Gabby a 1 year old brindle torty.
- Loreh is an 11 year old affectionate tabby lap cat.
- Narla is a 13 year old playful, affectionate torty.
- Raz is a 11 month old black older kitten with white bib tuft who needs a loving home as she was an unwanted gift.
- Yaha is a white, tabby & grey 2 year old neutered female who is used to children and cats.

The Rescue asks for a minimum donation of £45 for each neutered cat or older kitten which includes vaccination, flea and worm preventative treatment, microchipping and Free PetPlan vet insurance for 4 weeks. An un-neutered younger kitten is £70 including a free neutering voucher for when the kitten is old enough.

Homing by appointment 7 days a week. Cat and Rabbit Rescue Centre, Holborow Lodge, Chalder Lane, Sidlesham, Chichester, PO20 7RJ www.crrc.co.uk. Tel: 01243 641409

Summer VS Sterling

Gracie Cliffe

SUMMER can be an expensive time. It's 6 weeks that instead of being spent at school, are days that involve shopping trips, meals out, holidays abroad or something similar. Whether it's money coming out of our own pockets when in town with a friend, or coming from our parents to pay for an expensive holiday, it can be stressful.

I don't think money equals happiness, especially not during the summertime. Because yes holidays can be exciting with the promise of plane rides, sunshine and adventures into the unknown, but sometimes sitting in the park with your best friend in moderate sunshine can be just as nice. I think it is the company that counts.

However I would like to take this chance to thank one of my best friends for taking me to Paris with her family for a 3 day city 'break'. It consisted of 14 hour days, lugging suitcases around and sleeping on mediocre pillows, but it also gave me memories I now cherish. We ticked everything off of our classic tourist checklists – Saw the Mona Lisa, The Notre Dam and the Arc De Triomphe, we went up the Eiffel Tower and saw it lit up at night and stuck a padlock on the Pont Des Arts. We even took photos with attractive Abercrombie models on the Champs-Élysees. The buildings were beautiful and it was so exciting being in such a lively city. I am so thankful that I was given the opportunity to do something I know so many people would love to do. Even though it made my bones cry.

This being said. It is also the simple things that can make up a great summer. Like I mentioned before, spending quality time with someone close to you can be just as tranquil and worthwhile. The thing I dislike about summer is it can sometimes mean distance between some of your friends who you would usually see every day. Even though you may not think it is as exciting as other things they may be doing, it is important to make the effort to stay in touch with the people you love.

So whether you've stayed at home, sunbathed on sandy beaches or explored exotic countries, I hope this has been a summer filled with memories that will propel you through the year ahead. And remember – it is the simple things that count in life just as much as the extravagant adventures.

Let us know what you think

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Centre is a step closer to completion

A NEW community and leisure facility in Midhurst is one step closer to completion now that the roof has been finished.

"The fitting of the roof to the new Grange Centre is a major milestone in this project. Residents will now be able to get an idea of how the centre will look – and the sheer size of it," says Cllr Eileen Lintill, Cabinet Member for Leisure, Wellbeing and Community Services at Chichester District Council.

"We've also agreed the new opening times, which will mean that residents will be able to access our services over a longer period, and we are now in the final building stage – bringing us a step closer to completion.

"We can't wait to deliver this exciting facility to the residents of the north of the district – which will open in early 2014."

The project has also been praised by Lionel Barnard, West Sussex County Council Cabinet Member responsible for Libraries. "As well as a brand-new library, there are so many other facilities to choose from," he said. "It's an exciting new project for Midhurst."

The steel frame of the new building has been completed and the brickwork is progressing well. The internal walls are now in place and work is beginning with carpentry and electrical contractors making a start. The council is also working with architects on how the inside will look.

The council has also held a series of positive meetings with the local clubs and organisations to identify their requirements with regards to rooms, times, days and equipment that they will need in the new centre. Westyate Leisure is also working on its own programme of activities to complement the range of activities at the new centre.

The centre is being built by Leadbitter, a subsidiary of Bouygues UK.

The new Grange Centre will offer access to a number of services in one location, together with extended opening times, including:

- a four court sports hall to meet Sport England standards
- a fitness room, which will have the very latest fitness equipment
- two squash courts and a squash viewing area
- a dance studio with mirrors that will also be used for fitness and community activities
- a library operated by West Sussex County Council
- male and female changing facilities located in two areas of the centre.
- a multi-purpose community hall, which can also accommodate a further two badminton courts.
- community rooms.
- a health suite
- Chichester District Council's customer services information and West Sussex County Council's help point
- a bar and cafe with internet access
- a registrar office.

Iain Macdonald, Project Manager at Leadbitter, Jane Hotchkiss, Assistant Director (c, Leisure and Wellbeing, Chichester District Council, Karen Wallace, from West Sussex County Council Library Service, Cllr Eileen Lintill, Cabinet Member for Leisure, Wellbeing and Community Services at Chichester District Council, Cllr Gordon Mc4, Member for Midhurst on Chichester District Council and Colin Crowther, Construction Director at Leadbitter.

The gym will have a new 40-station state of the art gym. The gym will be staffed by fully qualified fitness instructors who will be on hand to offer help and assistance. Personal trainers will also be available to provide tailored fitness programmes.

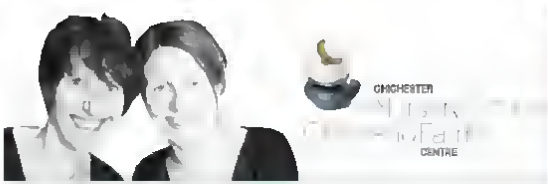
The centre will also have two multi-functional sports halls with fully sprung wooden floors. These will be ideal for the existing clubs transferring from the original Grange Centre and a range of new activities. The sports hall will also be able to cater for 5 a-side football, volleyball, basketball, badminton, short tennis, table tennis, gymnastics, trampolining, cricket practice, and sports events.

The health suite will include a spa, sauna and steam room. Two treatment rooms will also be available in this area.

A full range of health and fitness classes will be available including spinning, aerobics, yoga, pilates, Tai Chi and more.

The Grange Centre will be open from Monday-Friday 7am until 11pm, Saturday 7.30am until 7.30pm and Sunday from 9am until 7.30pm.

Speaking to your children in your mother tongue – it's a gift

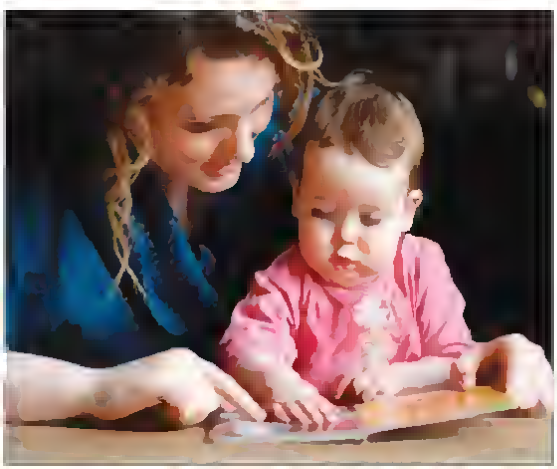


By Becky Edwards (Children's Centre Co-ordinator) and Nicki Graham (Family Outreach Work)

People who have English as a second language often face a dilemma when they become parents. They are not sure what language they should speak to their children in. Often they think that, since they are living in England and want their children to speak English, it's better to speak to them in English right from the beginning. But ask any speech and language therapist and they will tell you that this is definitely not true. The most important thing for any child learning to talk is that they learn language correctly. And however good and fluent you may be at speaking English, you will never speak as well or with the same depth of understanding as when you speak in your own language.

The most important thing is that, from the moment they are born, you talk to your children, sing to them and tell them stories. Whatever language they hear, children will begin to gain an understanding of how language is formed, of grammar and of meaning. If a parent makes mistakes in their spoken language because it is not their mother tongue, their children will learn to speak making the same mistakes but believing they are correct. This can make it difficult for them when they learn to read and write because they don't know "the rules," that govern language.

Children who learn a different language first or who learn bi-lingually are very lucky. Right from the beginning they have the advantage of being part of two cultures and of speaking two languages, without having to go through the long process of learning vocabulary and grammar. It is amazing to listen to a 3 year old who can speak in one language to their parents and in another to their friends without even thinking about it. And hearing a different language before they hear English will not stop them from learning English or from speaking it fluently.



Instead it helps them to learn another language accurately.

If a child is not given the chance to speak in their parents' mother tongue, they will grow up missing out on part of their own culture and background and this can make them feel as though they don't fit in anywhere.

Language is a gift that parents give to their children. By talking to your child in your own language, while living in England, you are giving them two gifts and the richness of two cultures. What could be luckier?

For more information or support with parenting visit Chichester Nursery School, Children and Family Centre Or phone 01243 642950 Website www.chichester nur w-sussex.sch.uk

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Charity Golf Day for Aldingbourne Trust

THE ALDINGBOURNE Trust is holding its annual Charity Golf Day at the Avisford Park Golf Club, Walberton on Friday 23rd August

Come and tee-off in aid of this local West Sussex Charity that supports adults with learning disabilities

For just £35, or £15 for Avisford Park Golf Club members you can enjoy a round of golf, coffee, bacon baps on arrival, and lunch. Prizes will be given out for the longest drive, the nearest pin and the Aldingbourne Cup for the Winner. A raffle will also be held on the day.

Tee-off starts at 9 00am and the day will finish by approximately 5 00pm

For more details and to sign up to play, please contact Gavin Pusey on 07826 417 811 or marthap@aldingbournetrust co uk

Money raised will go to the Aldingbourne Trust, a West Sussex charity that supports adults with learning disabilities and enables them to have the same opportunities as everyone else to live independently For more information please visit the website www.aldingbournetrust co uk

Lend us your ears - A magical Youth Theatre treat!

SUNDAY 25 August 3 00pm & 7.00 pm at the Minerva Theatre

A GROUP of past and present 30 Youth Theatre members have come together to create a wonderful melange of the hits from musicals that have been performed at Chichester Festival Theatre in the last 51 years Working with Colin Billing, an inspirational, professional musical director, they have created a magical evening of music in aid of CFT RENEW Appeal.

Dale Rooks, Youth Theatre Director, said "We are so proud of our Youth Theatre, not only for all they achieve but their unstinting support and the way they have come up with such imaginative ideas to raise money for RENEW They have put this together specifically to support our Appeal and committed many summer weekends to rehearsing and planning If you did have a part of the Bank Holiday Sunday free, or were wondering what to do with your guests, this would be a perfect hour and a half to entertain them"

With numbers such as Worst Pies in London (Sweeney Todd); Where is Love (Oliver!) and Another Op'nin, Another Show (Kiss Me. Kate), Lend Us Your Ears promises to be a gorgeous musical treat for all ages from 5 – 90! Tickets are £20 each and can be booked through CFT box office 01243 781312

All at sea in Pagham

BEACH GOERS at Pagham were entertained by the water activities of the Pagham Yachting Club youth section who took on some of the braver senior members in the annual competition for the Sail Fish Social Trophy at the close of Sea Week.

The five teams took part in swimming, sailing and social games using their skills to evade the trickery and the water buckets by some of the senior members The age of the youth teams range from 8 to 18 years and, not surprisingly, it was a youth team who won the trophy

This event provided a welcome relief to an eventful week with sailing regattas, beach walks, a real ale and jazz evening, quiz night, angling and golfing competitions, a casino and cocktails night plus discos and live bands

PYC welcomes new members and all enquiries can be directed to the Membership Secretary Ian Gibbs ia gibbs846@btinternet. com or by calling in to the Club on the beach at Pagham.

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Celebrating 35 years at Aldingbourne Trust!

THE ALDINGBOURNE TRUST are celebrating their 35th Anniversary on the 21st August, back in 1978, a group or parents realised a joint ambition by forming the Aldingbourne Trust – providing meaningful, valued opportunities for people with learning disabilities. It all began from a small patch of land and a tin shed, where people were able to grow their own vegetables and since then, a variety of opportunities have developed to include support with housing, employment, leisure, education and training.

Over time, the Aldingbourne Trust has grown and developed into a well-respected leading local charity; now supporting over 550 adults with learning disabilities across the County, employing 223 staff and 102 volunteers. The Trust have developed and focussed their support within 'real life' enterprises which provides training within real – life settings involving all its clients, customers and visitors. Some of the enterprises today, within the Trust are Wood recycling, Horse rug washing, Work Aid, Support Workers Direct, Open Farm, Organics, Digital Media and a visitor attraction amongst many more.

Michelle McKinley Bell – Enterprise and Development Manager said, "We are continually developing the Trust to ensure we support our clients in the best way possible, and we listen to the people we support, who will always remain at the heart of what we do. It is a great milestone to have reached our 35th Anniversary and we look forward to the next 35 years."

Alistair Ruddell and Paul Dunn are two of the Trust's long service clients, both have been attending the Country Centre since it opened, and although many times staff have explored other opportunities with them, they have voiced they do not wish to leave. Both have continued to develop their skills and gain several voluntary positions over the years in a variety of settings, Alistair has achieved paid employment as a Powerful Trainer and delivers training to organisations on equality and diversity which he really enjoys. Alistair commented, "I remember digging out the trenches for all the pipework to go to the buildings and we had to have our tea breaks in a caravan. I have really enjoyed being part of the Aldingbourne Trust as my confidence has grown and I feel proud to have been involved ever since the beginning." Paul added, 'Over the years I have enjoyed seeing the changes, as this has given me new opportunities which I would not have had anywhere else."

The Trust recognises that people, society, technology and attitudes change. The principle of its work is to keep pushing

expectations, boundaries and beliefs forward by offering real life opportunities, working together, actively listening and engaging with local organisations and the community. As a voluntary, independent organisation the Trust can be flexible and create its own identity. The Aldingbourne Trust is serious about social enterprise because it provides new opportunities for learning, being part of supporting local communities and it reduces their reliance on funding from the state.

For more details on the Aldingbourne Trust please visit www.aldingbournetrust.co.uk

WIN A MEAL FOR TWO AT THE SHIP HOTEL

WHERE AM I?

Chichester Herald in partnership with Chichester's Ship Hotel is giving away a fabulous meal for two people – every week!

The Chichester Herald will be running a 'Where am I?' photo competition sponsored by the Ship Hotel in North Street, Chichester every week where you have to guess the location of the photo.

For your chance to win this amazing prize for two people, please answer the following photo question:

Can you guess where this picture was taken within the Chichester area?

For your chance to win this week's competition email your answer, name, address and contact number to **news@theshiphotel.net**

Last week's answer was: All Saints Church

the ship
Hotel, Bar & Restaurant

North Street, Chichester, West Sussex PO19 1NH
Tel: +44 (0)1234 778000 Email: enquiries@theshiphotel.net

Entries close on Wednesday 21 August 2013 at midday. The competition is for one winner with a prize of a meal for two of the Hotels popular 'The Ships Plank'. The Ship's Plank now consists of Soup shot, crispy fried duck egg with brioche fingers, oriental duck salad, Ships cottage pie, parma ham and bresaola, whitebait, mini burger, chicken terrine, king prawn & cherry tomato skewers and onion rings. There is no cash alternative. A winner will be announced by the Ship Hotel every Wednesday. Entry details may be kept on file.

Photography by

Tel: 01243 772297
Mobile: 07983548459
www.rebekahgracephotography.co.uk

Rebekah Grace
PHOTOGRAPHY

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Take the stress out of employing staff with South Coast HR

Your people are the most important part of your business, and without them you can't succeed. Your employees can also create big headaches when it comes to employment law compliance, underperformance, absence and making sure you recruit the right person for the job.

For a small business having your own HR Manager is often a complete luxury that most just make do, and do without.

Now that luxury can become an affordable reality with South Coast HR. We become your HR Manager and take care of all your people needs leaving you free to get on with running your business.

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Chichester Business

Calling all start-ups - win the chance to pitch your product to John Lewis buyers

JOHN LEWIS, which has a branch in Chichester, is calling upon British start-ups to enter PitchUp for the chance to pitch their products to senior buyers. PitchUp is a pioneering initiative with StartUp Britain, a national enterprise campaign, to support start-ups' journey towards retail success.

Two previous events attracted more than 800 applications, with 12 finalists attending each PitchUp event, which have seen two start-ups win a place on John Lewis shelves.

StartUp Britain co-founder Emma Jones, said: "We're seeing record numbers of businesses starting up, with more and more people starting out small and online.

"One of their biggest challenges can be getting their products in front of top buyers. This competition gives them a really great opportunity to find out what it's like to work with British institutions like John Lewis – and set them on their journey to become the retail stars of the future."

Christine Kasoulis, director, brand development at John Lewis, added: "PitchUp is a tremendously exciting opportunity for us to discover unique products and innovative designs for our customers, while at the same time supporting talented start-ups. We want to see these entrepreneurs realise their aspirations and by sharing our expertise and experience, we aim to do just that. We wish everyone the best of luck and look forward to receiving the PitchUp competition entries."

The competition is now open and businesses have until Sunday 18 August at 00.01 GMT to apply online to be in with a chance of being included in the pitching event on 27 September.

To enter PitchUp, British hopefuls should fill out the form at http://www.popupbritain.com/pitchup

Record Labels still have priority

"CREEB RECORDS happened because I thought the Sussex Region might respond to having an ambition to challenge the music biz, but I got most of that wrong", says Selsey-based Dennis Cowan.

"I advertised for talent online and in Selsey, but what I found was apathy and no real talent to be had. Timewasters came and went despite having set up a musician's co-operative as a gene pool for the label. Some had the delusion of being 'big' with stuff on the Web and guys in cover bands considered that big 'local' meant they were 'famous' and those 'tribute' lot who merely copy music and routines on the back of the famous didn't impress me.

"My early years were with Steve Marriott, Gerry Rafferty, David Bowie, Roy Wood and many others doing the London circuit, The Marquee, Ronnie Scotts, The Red Lion, Brentford, Camden Palace, Hammersmith Odeon, Fishmonger's Arms and Half Moon Club, Putney, in and out of Recording studios every year and the occasional World Tour, plus my own album in the USA. That was the Music Biz, going to see your Manager in Baker St via the Record Company 's office in Regent St and reading your reviews in the NME and Melody Maker.

"Although I'd had a Record Company in the 1980's 'Mirage Records' which did well before I sold it to Hemdale (The Film People), This new venture in 2012 with its 'anything goes' online digital thing did seem daunting and one I hoped to learn. Nothing was the same, no meetings, just all pc dealings with inexperienced guys offering distribution with clauses like– 'if you don't make anything' we don't accept liability, but we want your fees paid now!' Some are ripping off artists, so beware.

Jan e.. Clark

"Luckily, one young teenager, James Clark 'Clarky 4 A' was dedicated enough to interest me and after 'working' for an opportunity and proving he was up for it, was signed by me. We recorded and put out his debut EP in May despite the uphill struggles we faced. His new single is released this month. Although we were offered three festivals, we had to decline for this year."

Get a good night's sleep

STRUGGLING to sleep at night? Choosing the right mattress and bed will keep your body supported while you rest and sleep. It's surprising the difference it makes. Every year up to 40% of us will suffer a bout of back pain and if that includes you, consider the state of your bed. A good bed provides the right support and comfort, along with a decent night's sleep.

Here are some tips from the experts at Chi Beds @ Bosham:

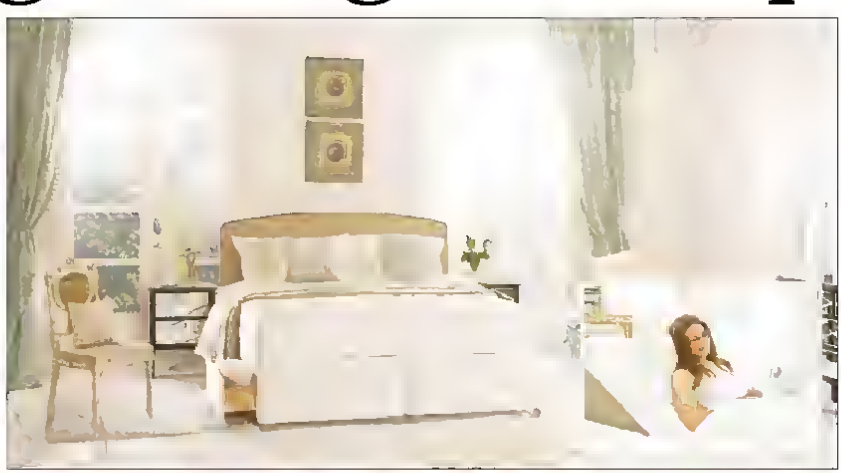
• Narrow your choice to two or three and spend plenty of time lying on them in your normal sleeping positions. Five minutes should be the minimum for each bed – but feel free to take your time!

• If there are two of you sharing the bed, make sure you both try out the options. Chi Beds @ Bosham has mattresses that take into account a couple's different weights and sleeping requirements, so the mattress can be softer on one side of the bed and firmer on the other.

• Don't just buy a bed because it says it's good for your back. Support and comfort is key, which differs depending on your weight and build.

• There's no single right bed, it depends on what suits you. Don't assume that firmer beds are better for you. Get advice, take time to try them out and choose what you find supportive and comfortable.

• Think also about the height of the bed – can you get in and out with relative ease? An adjustable bed is an option if this is a concern – it also offers variable sleeping positions and is perfect if you spend a lot of time in bed, reading, watching TV or resting. Did you know some adjustable beds are VAT exempt for certain medical conditions?



• Remember that we spend a third of our time in bed, so it's worth investing in a sound sleep.

Drop in to Chi Beds @ Bosham for a comfort test and find out what type of bed and mattress suits you. It's an independent, family run business and the team are experts in getting a good night's sleep! There's free delivery, along with disposal of your old bed by the friendly team. Chi Beds is conveniently located at Main Road, next to the Bosham roundabout, close to Chichester, with free parking.

Arts & Entertainment

FOLLOW US ON TWITTER @chiherald

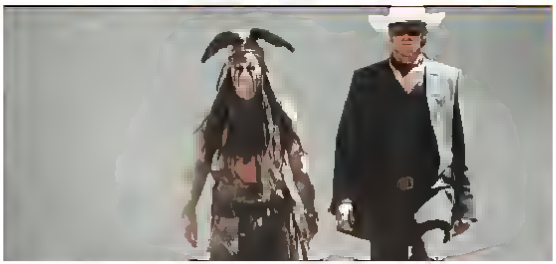
Cineworld

The Lone Ranger (12A)

THREE out of Five stars

Running time: 149 mins
Director: Gore Verbinski
Starring: Johnny Depp, Armie Hammer, Tom Wilkinson, William Fichtner, Ruth Wilson, Helena Bonham Carter, James Badge Dale, Bryant Prince, Barry Pepper, Harry Treadaway, James Frain, Mason Elston Cook

The Lone Ranger is an enjoyable Western adventure enlivened by strong performances, stunning location work and some exciting action set pieces, but it also suffers from an over inflated running time, an uneven tone and a plot that makes less and less sense the longer it goes on.



What's it all about?
Directed by Gore Verbinski, The Lone Ranger is a Western adventure set in 1860s Texas, based on the popular character that began life as a radio serial in 1933 and spawned books, comics and a long running 1950s TV show (the less said about the 1981 movie, the better). When notorious killer Butch Cavendish (William Fichtner) escapes from custody, educated law man John Reid (Armie Hammer) is deputised by his Texas Ranger brother Dan (James Badge Dale) and joins the pursuit, only for Cavendish's men to murder the entire posse in a vicious ambush.

Nursed back to health by dead-crow-wearing Native American warrior Tonto (Johnny Depp), Reid is persuaded to don a mask and adopt the identity of The Lone Ranger, dedicated to avenging his brother's death and bringing Cavendish to justice. With Tonto as his sidekick, Reid embarks on a secret mission and uncovers a web of corruption that involves the construction of America's first transcontinental railway, an ancient silver mine and a brewing conflict between the settlers and the local Comanche tribe.

The Good
Hammer and top-billed Depp make an appealing double act as The Lone Ranger and Tonto, with Hammer providing erudite handsomeness combined with goofy comedy timing and Depp delivering an enjoyably quirky, deliberately non-caricatured performance that owes at least a passing nod to Buster Keaton. There's also strong support from Tom Wilkinson (as dastardly railroad tycoon Latham Cole), Ruth Wilson (as Reid's feisty love interest-slash-widowed sister-in-law Rebecca), William Fichtner (deliciously evil as Cavendish) and Helena Bonham Carter in a scene-stealing cameo as one-legged madam Red Harrington.

Reteaming with Depp after both the Pirates movies and Western animation Rango (whose gleefully surreal influence occasionally seeps through here), Verbinski orchestrates a number of terrific action set pieces, the highlight of which is a thrilling finale set on a train, all of which is, gloriously, set to the Wilham Tell Overture. He also includes a number of fan-pleasing nods to classic Westerns and makes strong use of some stunning locations, most notably John Ford's beloved Monument Valley.

The Bad
The film's biggest problem is its grotesquely overinflated running time, not least because the meandering plot makes less and less sense the more it goes on. One thing that should definitely have been cut is the 1933-set, Little Big Man-style framing device, with an improbably aged Tonto recounting his adventures to a young boy (Mason Elston Cook).

Worth seeing?
The Lone Ranger is well acted and delivers pleasingly old-fashioned Western entertainment, but it's also let down by an uneven tone and fails to justify its arse-numbing running time.

Visit highly recommended, says top critic

CASS SCULPTURE FOUNDATION is the place to experience the very best of contemporary sculpture. Nestled amongst 26 acres of the beautiful West Sussex countryside the Foundation displays over 80 contemporary sculptures within its stunning woodland location. Artists include Tony Cragg, Viktor Timofeev and Bill Woodrow. With family events run throughout the year Cass Sculpture Foundation is the perfect discovery for all ages. Enjoy a picnic in our specially commissioned 'Picnic Crowe' by the artist David Brooks, explore the unique gift shop, discover the sculpture that spins around and stare in awe at the monumental sculptures that reach high into the sky.

Events throughout the season include a treasure hunt, Teddy Bears Picnic, Photography Competition during September and Torchlight Tours during October. With so much to discover and enjoy, go and visit now!

"It takes an awfully big carrot to coax me into the countryside, but I can't recommend a visit to the Cass Sculpture Foundation strongly enough."

Richard Dorment, Chief Art Critic, Daily Telegraph

Prices
Adult £10
Children (5 - 16) £5
Children under 5 visit for free
Students (with valid ID) £8
Concessions (Senior Citizen and Disabled) £8
Open 7days a week, 10.30-16.30

WIN 2 TICKETS AT CINEWORLD

FOR A CHANCE TO WIN 2 TICKETS, ANSWER THE FOLLOWING QUESTION:

Q JOHNNY DEPP DATED WHICH BRITISH SUPERMODEL?

A. ERIN O'CONNOR
B. KATE MOSS
C. NAOMI CAMPBELL

Send your answer and include your full name, address and a contact phone number to **competition@chichesterherald.co.uk.** One lucky winner will be selected at random. Closing time is Tuesday 20th August 2013 at midday. The winner will be notified later on that day.

• Last weeks winner is Isobel Sanders from Tangmere

Chichester Herald competition terms and conditions apply

cineworld CINEMAS

Cineworld Chichester
Chichester Gate, Chichester
PO19 8EL 0871 200 2000

Summer theatre at Petworth House

CELEBRATE the bank holiday weekend and enjoy outdoor theatre at Petworth House. Bring a picnic and relax in the beautiful Pleasure Grounds surrounding this 17th century mansion, whilst watching a fantastic theatrical production.

On the evening of Friday 23rd August see 'As You Like It', as The Lord Chamberlain's Men perform William Shakespeare's famous comedy in the Pleasure Grounds. Expect warring brothers, clowns, comic peasants, disguise, romance and even a wrestling match in true 'all the world's a stage' style. As you sit surrounded by trees let the players whisk you away to the forest court of the exiled Duke of Arden. The performance starts at 7.30pm. Booking is advisable on 01798 342207, Adult £15, Child £10.

Make the most of the bank holiday weekend with an adventure down the rabbit hole on the afternoon of Sunday 25th August. You'll be transported out of the Pleasure Grounds and into wonderland with 'Alice – An Extraordinary Adventure', a magical mix of Lewis Carroll's 'Alice in Wonderland' and 'Alice Through the Looking Glass'. Heartbreak Productions invite you to Alice's birthday tea party, meet the Mad Hatter, join the tea party games and watch out for the Queen of Hearts! The fun begins at 5pm, booking essential at www.heartbreakproductions.co.uk/ticketsales. Adult £12, Child £9, Family £35.

Karen Manton-Cook, Visitor Experience Manager said: 'We're delighted to welcome both The Lord Chamberlain's Men and Heartbreak Productions to Petworth House this summer for what promises to be a fantastic weekend of outdoor theatre. It's the perfect way to spend a bank holiday afternoon and evening, bring a picnic and let the players entertain the whole family.'

Audiences are encouraged to bring chairs and a blanket as well as a picnic, spare chairs and hot drinks and snacks will be available on the night.

For more information visit www.nationaltrust.org.uk/petworth-house

Summer paddling taster sessions for all ages on Chichester Canal

THE SUMMER holiday is an exciting time for children but often challenging for parents who need affordable and fun activities to keep everyone amused. Based at the Chichester Ship Canal throughout the summer holidays, Fluid Adventures are currently running exciting hour-long taster sessions as an introduction to paddling on the water for ages 8 years and upward.

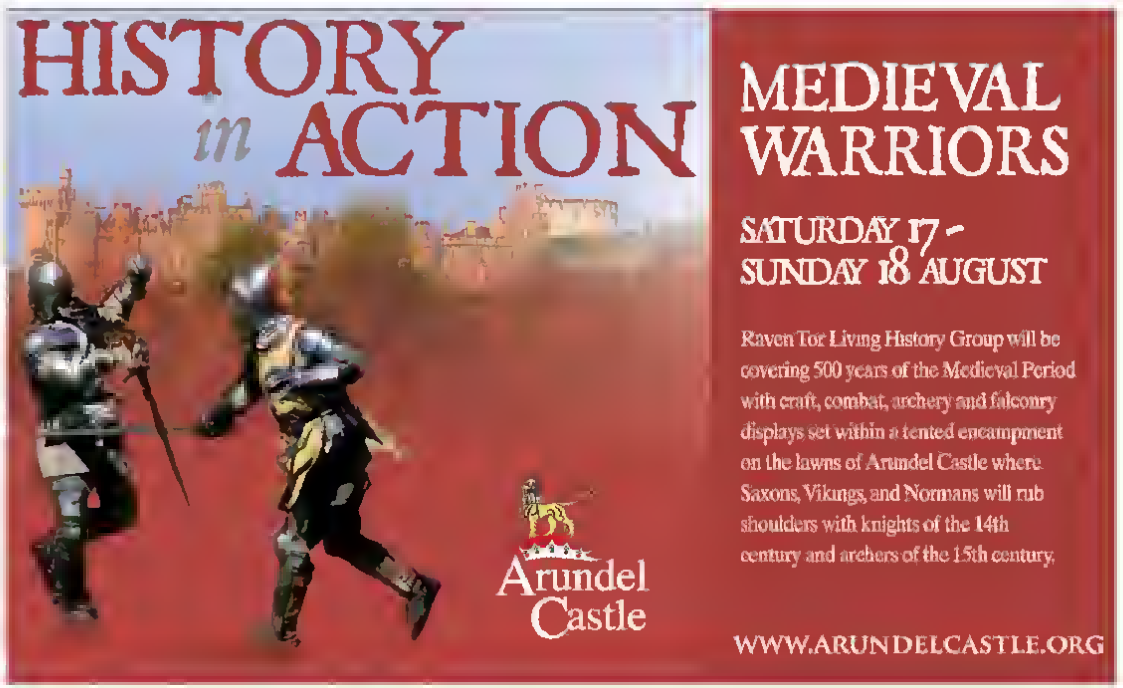
Ideal for anyone looking to try kayaking or canoeing for the first time, the paddling taster session takes place with a fully qualified and experienced instructor who will share a variety of paddling techniques as well as hints and tips to help each participant get the most out of their experience.

For each taster session there is a maximum of six people to ensure everyone can receive dedicated support and tuition from their coach.

Pre-booking a taster session is recommended to avoid disappointment but passers-by are also welcome to join in the fun if there is availability.

For those looking for more time on the water the team also run week-long courses of morning classes taking place throughout August. The course is designed around having fun so you can expect a variety of games and activities to not only make your experience enjoyable, but also to improve your abilities as a paddler. If you are interested at attempting your ECU 1* Award, Fluid Adventures can also arrange to assess you at the end of the course.

Location: Chichester Ship Canal
Price: £10.00
Spaces per taster session: 6
Minimum age: 8
Dates/Times: 9am – 5pm daily, 7 days a week throughout August


HISTORY in ACTION
MEDIEVAL WARRIORS
SATURDAY 17 - SUNDAY 18 AUGUST
Raven Tor Living History Group will be covering 500 years of the Medieval Period with craft, combat, archery and falconry displays set within a tented encampment on the lawns of Arundel Castle where Saxons, Vikings, and Normans will rub shoulders with knights of the 14th century and archers of the 15th century.
Arundel Castle
WWW.ARUNDELCASTLE.ORG

SATURDAY'S TV 17.08.13

Listings supplied by Press Association

CHOICE

Alexander Armstrong

Pointless Celebrities
BBC1, 5.45pm
Alexander Armstrong and his Richard Osman return for another helping of teasers in which famous faces have to guess which is the least popular answer on the board. For example... If we said 'Name two stars of Red Dwarf' chances are Craig Charles and Danny John-Jules would feature rather high. We could ask you to name a couple of stars of one of the Beeb's another enormous hits, Mrs Brown's Boys. Yes you could say Brendan O'Carroll and Jennifer Gibney. As you probably guessed, Craig, Danny, Brendan and Jennifer are all taking part in this week's show

BBC1

8.00 Breakfast **10.00** Saturday Kitchen Best Bites **11.30** Lorraine's Fast, Fresh and Easy Food (R) **12.00** Football Focus **12.45** Saturday Superstudy: A round-up of the latest sports news **1.00** BBC News Regional News Weather **1.15** Athletics World Championships **5.25** BBC News Regional News Weather **5.45** Pointless Celebrities

6.35 Thet Puppet Game Show
1.15 I Love My Country Sally Lindsay, Gemma Atkinson, Billy Boyd, Michael Ball, Greg Rutherford and Faye Tozer demonstrate their knowledge of all things British. Game show, hosted by Gabby Logan

6.00 The National Lottery: Break the Safe Nick Knowles hosts the game show in which three couples take part in several quiz sessions in a bid to be the last pair standing. Includes the National Lottery results with DJ Rong.

8.60 Casualty Part two of two Zoe returns to find the ED in chaos and Jamie barricaded inside her office with Ramin and as the situation escalates, the nurse must put his training to the test

9.00 Michael McIntyre's Comedy Roadshow With Al Murray, Micky Flanagan, Jo Caulfield and Jon Richardson. (R)

10.10 BBC News: Weather

10.30 Mainf of the Day Highlights of the opening matches of the Premier League season; National Lottery Update

11.38 The Football League Show Highlights of today's games in the Championship, League One and League Two

1.10 Weatherview. **1.15** BBC News

BBC2

6.45 This Is BBC Two **7.30 Filor** My Life with Caroline (1941) **8.50 Film** Underwater (1955) **10.25** Reel History of Britain (R) **10.55** The Private Life of Plants. (R) **11.45** University Challenge (R) **12.15** Athletics World Championships **1.15** Escape to the Country (R) **2.00** Exploring China: A Culinary Adventure. (R) **3.30** Wild China (R) **4.00** Orang Jungle **4.30** Final Score: Round-up of football results **5.30** Coast.

6.00 Flog It!

7.00 Prime Extra 2013. Katie Derham presents a review of this week's moments and views in an interview with Mishal Alsop, who is set to become the first woman to conduct the Last Night of the Proms.

7.40 Dad's Army Corporal Jones's illness to serve is tested (R)

8.10 Thatcher – The Downing Site of Years. Documentary from 1993 examining the former Conservative prime minister's 11 years in office between 1979 and 1990 beginning at her new government flat to revive the HK's economy (R)

9.10 Top of the Lake. Mart reveals a secret that leaves Robin in despair but the Detective summons up her last reserves of strength to try to find Tui before her father can. Last in the series

10.10 QI XL. With Sue Perkins, Ross Noble and Professor Brian Cox (R)

11.00 Film Hachil-Proof Fence (2002) Fact-based Australian drama, starring Everlyn Sampi.

12.25 Film 2 Days in Paris. (2007)
2.00 This Is BBC Two

ITV

6.00 CITV: Jake and the Neverland Pirates. **8.15** Jake and the Neverland Pirates. **8.25** Poppy Cat. (R) **8.45** Poppy Cat. (R) **8.50** Cantimals. (R) **7.00** Cantimals. (R) **7.10** Peekaboo. (R) **7.20** Kick Buttowski: Suburban Daredevil. **7.35** The Avengers: Earth's Mightiest Heroes. **8.00** Gravity Falls. **8.25** ITV News. **8.30** Dinner Date. (R) **9.25** Saturday Cookbook (R) **10.20** Murder She Wrote. (R) **11.20** Saturday Farm. **12.25** Countryzone. (R) **12.35** ITV News: Weather. **12.40** All Star Mr & Mrs. (R) **1.45 Film** Smokey and the Bandit II (1980) **3.38** Midsomer Murders. (R) **5.30** Regional Programme: Weather **5.45** ITV News: Weather

6.00 You've Been Framed! Harry Hill narrates a selection of camcorder calamities and viewers' mobile-phone footage, including cute children, silly seniors and animals unable to get along. (R)

6.30 You've Been Framed! Unlikely insurance claims (R)

7.00 Film Harry Potter and the Order of the Phoenix. (2007) Fantasy adventure sequel, starring Daniel Radcliffe

9.45 The Americans. The Jennings plot their next move carefully when they meet an American asset who plans to give them highly classified information, while Stan gains an unprecedented opportunity

10.35 ITV News: Weather
10.50 Film State of Play (2009) Political thriller starring Russell Crowe

1.00 Jackpot247. **3.00** The Jeremy Kyle Show. **3.45** ITV Nightscreen

CHANNEL 4

6.45 British GT. **6.30** The Grid. **7.30** IPC Swimming World Championships 2013. **9.00** The Morning Line. **9.05** Everybody Loves Raymond. **9.30** Everybody Loves Raymond (R) **10.00** Frasier (R) **10.30** Frasier (R) **11.00** The Big Bang Theory (R) **11.30** The Big Bang Theory (R) **12.00** The Simpsons. (R) **12.30** Undercover Boss Australia. (R) **1.30** Channel 4 Racing. **4.10** V Festival 2013 Saturday Live. **4.45** Come Dine with Me. (R) **5.15** Come Dine with Me. (R) **5.45** Come Dine with Me

6.15 Come Dine with Me. Chris joined the self-confessed campiest straight man in the world hosts the fourth and final dinner party in Grimsby North East Lincolnshire, and the winner is revealed! (R)

6.45 Channel 4 News

7.00 Film Mission: Impossible (1996) A secret agent is accused of betraying his fellow spies and sets out on a mission to clear his name. Action thriller based on the 1960s TV series, with Tom Cruise and Jon Voight

9.00 Film Knight and Day (2010) A woman gets kidnapped and dragged into a rogue secret agent's mission to clear his name after he is framed as a traitor. Comedy adventure, starring Tom Cruise

11.10 Stephen Merchant: Hello Ladies. The Office co-creator's critically acclaimed 2011 stand-up comedy show, based on his experiences of the rocky road to finding love

12.10 V Festival 2013 Saturday Highlights. **1.30** Crazy about One Direction. **2.35** Hollyoaks. **4.50** Countdown. **5.30** Kelling Mad with Erin Lenard (R)

CHANNEL 5

6.00 Milkshake! **10.00** Power Rangers Megaforce. **10.35** Slugterra. **11.00** Inside Hollywood. **11.05** Big Brother: Live Eviction. **12.30 Film** The Battle of the Vi (1958) **2.30 Film** Anzio (1968) **4.50 Film** Columbo: Ashes to Ashes. (1995)

6.35 I Am Jesse Sinne Benefit of the Doubt (2012) The troubled pop returns to his role an ethief of police to bring the perpetrators of a Mer-related double homicide to justice. Detective thriller with Tom Selleck

8.05 NCIS As ex-serviceman is beaten to death in his own back garden, and the agents are forced to consider the possibility his wife a marine and married ants experts is the killer (R)

8.00 NCIS The team is forced to undergo psychological evaluations while investigating the death of a submarine's commanding officer (R)

9.50 5 News Weekend

10.00 Big Brother Another chance to see last night's eviction, in which one unlucky housemate missed out on a place in the final week in the house

11.00 Big Brother's Off on the Psych AJ Odudu is joined by a panel of psychologists and celebrity fans to analyse the housemates' behaviour in the lead-up to Monday's final

12.00 SuperCasino. **4.00** Wildlife SOS (R) **4.25** Make It Big (R) **4.50** Rotary the Racing Car (R) **5.00** Angels of Jarm (R) **5.35** Hana's Helpline (R) **5.20** Angels of Jarm. (R) **5.25** The Funky Valley Show (R) **5.45** Rotary the Racing Car (R) **5.50** Hana's Helpline (R)

DIGITAL

BBC Three
7.00 Robin Hood **7.45** Grant Movie Mistakes IV. May the Fourth Be with You **8.15** Film Shanghai Knights (2003) **10.10** My Family Guy **10.45** Boom Town **11.15** American Dad

BBC Four
7.00 Precision: The Measure of All Things **8.00** Tiger – Spy in the Jungle **8.30** Sebastian Bergman **10.30** Quadrophenia – Can You See the Real Me? **11.40** The Who at the Electric Proms

ITV2
3.00 Film What a Girl Wants (2003) **5.00 Film** Step Up 2: The Streets (2008) **7.00** You've Been Framed! **8.00 Film** The Bourne Supremacy (2004) **11.15 Film** Red Dragon (2002)

ITV3
2.45 Film The Mirror Crack'd (1980) **4.50** Inspector Morse **7.00** Foyle's War **9.00** Lewis. The death of an Oxford don leads to the sharp undertow of unlicensed dining. **11.00** Wire in the Blood

ITV4
3.05 Film Police Academy 4: Citizens on Patrol (1987) **4.50 Film** Where Eagles Dare (1969) **8.00** Black Gold **9.00 Film** Demolition Man (1993) **11.20 Film** Magnum Force (1973)

E4
5.30 The Mindy Project **6.00** The Big Bang Theory **7.30** Sudergatory **7.35** How I Met Your Mother **9.30** Happy Endings **0.00 Film.** The Beach (2000) **11.20** PhoneShop **11.55** The Inbetweeners

Film4
2.55 August Rush (2007) **5.45** The Chronicles of Narnia: The Voyage of the Dawn Treader (2010) **7.15** Airplane! (1980) **9.00** The Ugly Truth (2009) **10.50** Machete (2010)

SUNDAY'S TV 18.08.13

CHOICE

Rebecca Ferguson

The White Queen
BBC1, 9pm
The last episode of this series doesn't bring much joy for Queen of England Anne Neville. Her health is deteriorating and what with the death of son Prince Edward and then hearing of her husband's love for Princess Elizabeth, she resigns herself to her fate. However Anne is determined to clear her conscience first and even manages to bury the hatchet with Elizabeth but just as an eclipse occurs, the Queen passes away. Anne's death means there's now a chance for Elizabeth's first-born daughter Princess Elizabeth to marry her uncle King Richard III

BBC1

8.00 Breakfast **9.35** Match of the Day (R) **10.00** Sunday Morning Live. **11.00** Homes Under the Hammer (R) **12.00** BBC News Weather **12.10** Bargain Hunt **12.40** Athletics World Championships **4.15** Escape to the Country (R) **5.00** Songs of Praise. **5.35** Britain's Big Wildlife Revival

6.35 BBC News Regional News, Weather

7.00 Countryfile In south Oxfordshire, Julie Bradbury explores the Millennium Clumps and John Craven lends a hand on a farm that is providing work experience for people with learning difficulties

8.00 Antiques Roadshow New series. Items on show at Polesden Lacey in Surrey include a glove thought to have belonged to Eliza Tinsley and a bronch kept hidden for years while its owner was in a POW camp

9.00 The White Queen The death of Anne prov des hope that Princess Elizabeth and Richard III will marry but battle looms with Henry Tudor waiting to invade and claim the throne. Last in the series.

10.00 BBC News Regional News Weather

10.25 Match of the Day 2 Mark Chapman presents action from today's Premier League fixtures, which were Crystal Palace v Tottenham Hotspur at Selhurst Park; Chelsea v Hull City at Stamford Bridge

11.25 That Peppal Game Show (R)

12.05 Film Nothing to Lose (1997) **1.45** Weatherview **1.45** BBC News

BBC2

6.00 This Is BBC Two **6.45 Film** The Lost Moment. (1947) **8.00** Around the World in 80 Gardens (R) **8.30** Gardeners' World. (R) **9.30** The Beechgrove Garden **10.00** Saturday Kitchen Best Bites **11.30** Raymond Blanc: How to Cook Well (R) **12.00** EastEnders **1.55** Coast **2.25 Film** Krakatoa, East of Java. (1968) **4.30** What's Killing Our Seas? A Horizon Special (R) **5.30** Flog It!

6.30 Live MotoGP The Indianapolis Grand Prix (Start time 7.00pm) Coverage from the Indianapolis Motor Speedway as the riders battle for points in the 10th round of the season.

9.00 Dragons' Den An embarrassing malfunction affects a prudent designer's pitch and a married couple hope a Brazilian dance troupe will encourage the Dragons to invest in a range of cooking sauces

8.00 The Hairy Bikers: Mediterranean Road Trip Si King and Dave Myers help rebuild an early tractor engine before learning how it revolutionised farming and restore a rare barge once used to transport coal on Britain's canals.

10.00 Blankety Blank Prince George hires two actors to improve his speech making (R)

10.30 Film Frost/Nixon (2008) British broadcaster and journalist David Frost sets up a series of interviews with disgraced former US president Richard Nixon. Drama, with Frank Langella

12.25 Sign Zone. Countryfile (R) **1.20** Holby City. (R) **2.20** This Is BBC Two.

ITV

8.00 CITV: Jake and the Neverland Pirates. **8.15** Jake and the Neverland Pirates. **8.25** Poppy Cat. (R) **8.45** Poppy Cat. (R) **8.50** Cantimals. (R) **7.00** Cantimals. (R) **7.10** Sonkerton. (R) **7.25** Kick Buttowski: Suburban Daredevil. **7.35** The Avengers: Earth's Mightiest Heroes. **8.00** Sonny with a Chance. **8.25** ITV News. **8.30** Country House Sunday. **9.25** The Jeremy Kyle Show. USA. **10.20** Murder She Wrote. (R) **11.20** ITV News: Weather. **11.30** Ade in Britain. (R) **12.30** Murder She Wrote. (R) **1.30** Love Your Garden. (R) **2.30** A Tonnh of Frost. (R) **4.30 Film** The Queen. (2006)

6.30 Regional Programme Weather

6.45 ITV News Weather

7.00 Tipping Point: Lucky Stars Britt Ekland, Sherrie Hewson and Robin Cousins take part in the push-your-luck game show, in which contestants answer questions to win tums on an arcade-style machine

8.00 Martin Clunes – Horses Horsepower. The actor explores the important role of working horses. (R)

9.00 Law & Order: UK. A gay man is found brutally murdered. Last in the series

10.00 ITV News Weather

10.15 Perspectives: Warwick Davis – The Seven Dwarfs of Aussi Waltz. A Jewish family of travelling musicians who survived the concentration camps. (R)

11.15 Murder She Wrote International intrigue is on the hards for Jessica. (R)

12.10 The Store. **2.15** British Superbike Championship Highlights. **3.30** Motorsport UK. **4.15** ITV Nightscreen. **5.05** The Jeremy Kyle Show. (R)

CHANNEL 4

8.00 The Treacle People. (R) **8.10** The Hoods. (R) **8.35** Ironman 2013. **7.00** IPC Swimming World Championships 2013. **7.55** Everybody Loves Raymond. (R) **8.25** Frasier. (R) **8.55** Frasier. (R) **9.30** Sunday Brunch. **12.30** The Big Bang Theory. (R) **1.00** The Simpsons. (R) **1.30 Film** The Legend of Zorro. (2005) Swashbuckling adventure sequel, starring Antonio Banderas. **4.00** V Festival 2013 Sunday Live. **4.40 Film** Step Up 3. (2010) Premiere. Drama, starring Rick Malambri

8.40 Channel 4 News

7.00 Kirstie's Fill Your House for Free Kirstie Allsopp assumes and creates furniture for a Suffolk couple and a Lancashire woman hopes to transform her cramped bathroom with a nautical theme. Last in the series. (R)

8.00 The Mill Lucy and Esther get out to enjoy the Mr Timperley, convinced he is responsible for Catherine's disappearance, while Robert breaks bad news at the factory. Last in the series.

9.00 Southbills. One year on an anonymous letter awakens David's fear that Morton is alive, so the reporter returns to Southcliffe and suspects a new threat is imminent. Last in the series.

10.05 Film Dear John. (2010) A soldier falls in love with a student, but their relationship is put to the test when he decides to return to duty. Romantic drama, starring Channing Tatum and Amanda Seyfried

12.00 V Festival 2013 Highlights. **1.30 Film** Nearla (2004) **4.10** A Film from My Parish. (R) **4.20** Three in a Bed. (R) **5.10** Countdown. (R)

CHANNEL 5

6.00 Milkshake! Peppa Pig. **8.00** Roary the Racing Car (R) **8.15** Fifi and the Flowertots. (R) **8.25** Bugtime Buggies. (R) **8.40** The Mr Men Show. (R) **8.50** Chloe's Closet. **7.25** Noddard and Custard Too. (R) **7.10** Bananas in Pyjamas. (R) **7.25** Noddy in Toyland. (R) **7.40** City of Friends. (R) **7.30** Little Princess. (R) **8.10** The Adventures of Bottle Top Bill and His Best Friend Corky. (R) **8.20** Milkshake: Monkey Mi **8.25** Angelina Ballerina. (R) **8.45** Rupert Bear. (R) **9.00** Rein and Holly's Little Kingdom. (R) **9.15** Toby's Travelling Circus. **9.30** Roary the Racing Car (R) **9.45** Jelly Jamm. **10.00** The Mr Men Show. (R) **10.15** Power Rangers Samurai. (R) **10.50** Slugterra. **11.10** Inside Hollywood. **11.15** Big Brother. (R) **12.15** The BDTS Julian's Supersized Celebrity Sunday. **1.15** The Hotel Inspector Returns. (R) **2.20 Film** Tinker Sell and the Lost Treasure (2005) **3.50 Film** Bewitched (2005) **5.50 Film.** Witch (2005)

8.00 Once Upona Time Regina uses magic to give Belle a set of false memories

8.45 5 News Weekend

9.00 Big Brother The last daily round-up before the finale as the remaining housemates focus their eyes on the main prize having survived almost 10 weeks at Big Brother's pleasure

10.00 Film Next (2007) Thriller starring Nicolas Cage

11.50 Film Above the Law (1945) Thriller with Steven Seagal

1.45 SuperCasino. **4.00** Wildlife SOS (R) **4.25** Make It Big (R) **4.50** Roary the Racing Car (R) **5.00** Angels of Jarm (R) **5.25** The Funky Valley Show (R) **5.45** Roary the Racing Car. (R) **5.50** Hana's Helpline (R)

DIGITAL

BBC Three
7.00 Robin Hood **7.45** Grant Movie Mistakes IV. May the Fourth Be with You **8.15 Film** Shanghai Knights (2003) **10.10** My Family Guy **10.45** Boom Town **11.15** American Dad

BBC Four
7.00 A Poet's Guide to Britain **7.30** Proms on Four: 20th Century Classics **9.00** Review Show **10.00** The Fairytale Castles of King Ludwig II with Dan Cruickshank **11.00** Alan Whicker's Journey of a Lifetime

ITV2
3.15 Film The Mighty Ducks (1992) **5.25 Film** Johnny English (2003) **7.15 Film** The Scorpion King (2002) **9.00 Film** The Shawshank Redemption (1994) **11.50** Hell's Kitchen

ITV3
3.40 Murder She Wrote **4.35** Wycliffe **6.55** Agatha Christie's Poirot **8.00 Film** Dangerous Liaisons (1988) **11.35** A Touch of Frost

ITV4
1.25 Film. The Manchurian Candidate (1962) **4.00 Film.** Paths of Glory (1957) **5.45 Film** Aces High (1976) **8.00 Film** Police Academy 5: Assignment Miami Beach (1988) **10.00 Film** National Lampoon's Loaded Weapon 1 (1993)

E4
3.30 How I Met Your Mother **5.30** Mindy Project **6.00** The Big Bang Theory **7.30** New Girl **8.00 Film** New in Town (2009) **10.00** The Inbetweeners **10.30** Don't Trust the B**** in Apartment 23 **11.00** Alan Carr: Chatty Man Christmas Special

Film4
2.35 Carry On Teacher (1959) **4.45** Love Happens (2009) **6.50** Mad Money (2008) **8.00** The Lord of the Rings: The Fellowship of the Ring (2001)

Monday

BBC1 6.00 Breakfast. 9.15 Hes Hunters (R) 10.00 Homes Under the Hammer (R) 11.00 Countryside 999 (R) 11.45 Don't Get Done, Get Dom. 12.15 Bargain Hunt. 1.00 BBC News Weather. 1.30 Regional News Weather. 1.45 Doctors. 2.15 Perfection. 3.00 Escape to the Country. (R) 3.45 Wanted Down Under (R) 4.30 Put Your Money Where Your Mouth Is. (R) 5.15 Pointless. (R) 6.00 BBC News Weather. 6.30 Regional News Programmes Weather. 7.00 The One Show. 7.30 FakeBritain. (R) BBC News Regional News 8.00 EastEnders. 8.30 Fightback Britain 9.00 Death in Paradise. (R) 10.00 BBC News. 10.25 Regional News Weather. 10.35 Have I Got a Bit More News for You (R) 11.20 Room 101 11.55 Dara Ó Briain's Strange (R) 12.00 Weatherview 12.05 BBC News.

BBC2 6.00 This Is BBC Two. 6.05 Homes Under the Hammer (R) 7.05 Countryside 999 (R) 7.50 Don't Get Done. Get Dom. 8.20 Sign Zone. Saints and Scroungers. (R) 9.05 Restoration Home. (R) 10.05 Robbed Reunited (R) 10.35 Click (R) 11.00 BBC News 11.30 BBC World News 12.00 Coast. (R) 12.15 The Super League Show 12.55 Classic Mastermind. (R) 1.25 Film Lucky Jim (1957) Comedy starring Ian Carmichael. 3.00 The A to Z of TV Gardening. (R) 3.45 A Taste of My Life. (R) 4.15 Journeys from the Centre of the Earth (R) 5.15 Vintage Antiques Roadshow (R) 6.00 Eggheads. (R) 6.30 Flog It! Trade Secrets. 7.30 Great British Railway Journeys (R) 8.00 University Challenge. 8.30 The Incredible Spice Men. 9.00 Horizon – Defeating the Hackers. 10.00 The Sarah Millican Television Programme (R) 10.30 Newsnight. Weather. 11.20 Sins of Our Fathers. 12.20 The Women's Football Show. 12.50 The Hairy Bikers. Restoration Road Trip (R) 1.50 Sign Zone. Caligula with Mary Beard. (R) 2.50 This Is BBC Two.

ITV 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. (R) 10.30 This Morning. 12.30 Star Treatment. 1.30 ITV News. Weather. 1.55 ITV News London Weather. 2.00 Storage Hoarders. 3.00 Secret Dealers. 3.59 ITV London Weather. 4.00 Midsomer Murders. (R) 5.00 Take on the Twisters. 6.00 ITV News London Weather. 6.30 ITV News Weather. 7.00 Emmerdale. 7.30 Nature's Newborns. 8.00 Lewis. A professor is found dead after his dating video is leaked online. 9.00 Coronation Street. 9.30 Weather 10.30 ITV News London Weather. 10.35 Perspectives. Lenny Henry. Finding Shakespeare. 11.35 In Plain Sight. 12.30 Jackpot247. 3.00 The Jeremy Kyle Show. USA. 3.40 ITV Nightscreen. 5.05 The Jeremy Kyle Show. (R)

Channel 4 6.00 The Treacle People. 6.10 The Hoobs. (R) 7.00 Hughs 3 Good Things. Best Bites. 7.10 According to Jim. (R) 7.35 Will & Grace. (R) 8.05 IPC Swimming World Championships 2013. 9.00 Fraser. (R) 9.30 Everybody Loves Raymond. (R) 10.00 The Big Bang Theory. (R) 11.00 Hollywood Mo. (R) 12.00 Channel 4 News Summary. 12.05 A People in the Sun Home or Away. (R) 1.05 Jamie's 15 Minute Meals. (R) 1.35 Film. Britwhp. (1958) 3.10 Conniddom. 4.00 Deal or No Deal. 5.00 Come Dine with Me. (R) 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thoughts. 8.00 Ade Adeyemi: Journey of My Lifetime. 9.00 Benefits Britain 1949. 10.00 Ramsay's Hotel Hell. 11.00 Random Acts. 11.05 How to Get a Council House. (R) 12.05 You're Killing My Son. The Mum Who Went on the Run. (R) 1.00 Maids. 2.00 Film. Bandidas. (2006) 3.40 Nashville. 4.35 Three in a Bed. (R) 5.30 Baking Mad with Eric Lanlard. (R) 5.55 SuperSocrpers

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 Cowboy Builders. (R) 12.10 5 News Lunchtime. 12.15 Big Brother. (R) 1.15 Animal A&E. 1.45 Neighbours. 2.15 CSI: Crime Scene Investigation. (R) 3.15 Film The Perfect Assistant. (2009) 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Animal A&E. (R) 6.30 NewsTalk Live. 7.00 Police Interceptors. (R) 5 News Update. 8.00 The Million Dollar Wreck Hunt. 5 News at 9. 9.00 Big Brother. The Final. 10.00 Under the Dome. 10.55 Big Brother. The Final. 11.30 Big Brother's Bit on the Side. 12.30 Goldmine Up Hodges. (R) 1.20 SuperCasino. 3.55 Great Artists. (R) 4.25 Divine Designs. (R) 4.50 House Doctor. (R) 5.10 Wildlife SOS. (R)

Tuesday

BBC1 6.00 Breakfast. 9.15 Hes Hunters (R) 10.00 Homes Under the Hammer (R) 11.00 Countryside 999 (R) 11.45 Don't Get Done Get Dom. 12.15 Bargain Hunt. 1.00 BBC News Weather. 1.30 Regional News Weather. 1.45 Doctors. 2.15 Perfection. 3.00 Escape to the Country. 3.45 Wanted Down Under (R) 4.30 Put Your Money Where Your Mouth Is. (R) 5.15 Pointless. (R) 6.00 BBC News. Weather. 6.30 Regional News Programmes Weather. 7.00 The One Show. 7.30 EastEnders. BBC News Regional News. 8.00 Holby City. 9.00 New Tricks. 10.00 BBC News. 10.25 Regional News. Weather. National Lottery Update. 10.35 The Naked Rambler. 11.25 Paul O'Grady's Weekend Britain. (R) 12.25 Weatherview. 12.30 BBC News.

BBC2 6.00 This Is BBC Two. 6.05 Homes Under the Hammer (R) 7.05 Countryside 999 (R) 7.50 Don't Get Done. Get Dom. 8.20 Sign Zone. Saints and Scroungers. (R) 9.05 Yorkshire Reborn. (R) 9.35 The Fantastic Mr Feynman. (R) 10.35 HARDtalk. (R) 11.00 BBC News. 11.30 BBC World News. 12.00 Coast. (R) 12.15 The Super League Show. 12.55 Classic Mastermind. (R) 1.25 Film Lucky Jim (1957) Comedy starring Ian Carmichael. 3.00 The A to Z of TV Gardening. (R) 3.45 A Taste of My Life. (R) 4.15 Journeys from the Centre of the Earth. (R) 5.15 Vintage Antiques Roadshow. (R) 6.00 Eggheads. (R) 6.30 Flog It! Trade Secrets. 7.30 Great British Railway Journeys. (R) 8.00 University Challenge. 8.30 The Incredible Spice Men. 9.00 Horizon – Defeating the Hackers. 10.00 The Sarah Millican Television Programme. (R) 10.30 Newsnight. Weather. 11.20 Sins of Our Fathers. 12.20 The Women's Football Show. 12.50 The Hairy Bikers. Restoration Road Trip (R) 1.50 Sign Zone. Caligula with Mary Beard. (R) 2.50 This Is BBC Two.

ITV 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. (R) 10.30 This Morning. 12.30 Star Treatment. 1.30 ITV News. Weather. 1.55 ITV News London Weather. 2.00 Storage Hoarders. 3.00 Secret Dealers. 3.59 ITV London Weather. 4.00 Midsomer Murders. (R) 5.00 Take on the Twisters. 6.00 ITV News London. Weather. 6.30 ITV News Weather. 7.00 Emmerdale. 7.30 Nature's Newborns. 8.00 Lewis. A professor is found dead after his dating video is leaked online. 9.00 Coronation Street. 9.30 Weather 10.30 ITV News London Weather. 10.35 Perspectives. Lenny Henry. Finding Shakespeare. 11.35 In Plain Sight. 12.30 Jackpot247. 3.00 The Jeremy Kyle Show. USA. 3.40 ITV Nightscreen. 5.05 The Jeremy Kyle Show. (R)

Channel 4 6.00 The Hoobs. (R) 6.35 The Hoobs. (R) 7.00 Hngh's 3 Good Things. Best Bites. 7.10 According to Jim. (R) 7.35 Will & Grace. (R) 8.05 Fraser. (R) 8.30 Everybody Loves Raymond. (R) 9.00 The Big Bang Theory. (R) 10.30 The Big Bang Theory. (R) 11.00 Hollywood Mo. (R) 12.00 Channel 4 News Summary. 12.05 A People in the Sun. Home or Away. (R) 1.05 Jamies 15 Minute Meals. (R) 1.35 Film The Lavender Hill Mob. (1951) Ealing comedy starring Alec Guinness. 3.10 Countdown. 4.00 Deal or No Deal. 5.00 Come Dine with Me. (R) 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thoughts. 8.00 Ade Adeyemi: Journey of My Lifetime. 9.00 Benefits Britain 1949. 10.00 Ramsay's Hotel Hell. 11.00 Random Acts. 11.05 How to Get a Council House. (R) 12.05 You're Killing My Son. The Mum Who Went on the Run. (R) 1.00 Maids. 2.00 Film. Bandidas. (2006) 3.40 Nashville. 4.35 Three in a Bed. (R) 5.30 Baking Mad with Eric Lanlard. (R) 5.55 SuperSocrpers

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 Cowboy Builders. (R) 12.10 5 News Lunchtime. 12.15 Big Brother. The Final. 1.45 Neighbours. 2.15 NCIS. (R) 3.10 Film. Write My Pretty One. Sleeps. (1957) 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Animal A&E. Andrea stays with the ISPCA at Ballnaslee Horse Fair. 6.30 NewsTalk Live. 7.00 NCIS. (R) 5 News Update. 8.00 The Devil's Disciple. Born to Kill? 5 News at 9. 9.00 CSI: NY. 10.00 9/11 Crime Scene Investigators. (R) 11.00 The CSI Movie. Dr Who & Mr Jekyll. 12.45 True Crimes. The First 72 Hours. (R) 1.10 SuperCasino. 3.55 Great Artists. (R) 4.20 Divine Designs. (R) 4.45 House Doctor. (R) 5.10 Wildlife SOS. (R)

Wednesday

BBC1 6.00 Breakfast. 9.15 Hes Hunters. (R) 10.00 Homes Under the Hammer. (R) 11.00 Countryside 999. (R) 11.45 Don't Get Done Get Dom. 12.15 Bargain Hunt. 1.00 BBC News Weather. 1.30 Regional News Weather. 1.45 Doctors. 2.15 Perfection. 3.00 Escape to the Country. (R) 3.45 Wanted Down Under. (R) 4.30 Put Your Money Where Your Mouth Is. (R) 5.15 Pointless. (R) 6.00 BBC News. Weather. 6.30 Regional News Programmes. Weather. 7.00 The One Show. 7.30 EastEnders. BBC News Regional News. 8.00 Celebrity MasterChef. 9.00 Who Do You Think You Are? 10.00 BBC News. 10.25 Regional News Weather. National Lottery Update. 10.35 The Cell. Centre. 11.35 Film. Smart People. (2008) Comedy drama, starring Dennis Quaid. 1.05 Weatherview. 1.10 BBC News.

BBC2 6.00 Homes Under the Hammer (R) 7.00 Countryside 999. (R) 7.45 Don't Get Done. Get Dom. 8.15 Sign Zone. Saints and Scroungers. (R) 9.00 Rick Stein's India. (R) 10.00 Helicopter Heroes. Down Under. (R) 10.30 Robbed! Reunited. (R) 11.00 BBC News. 11.30 BBC World News. 12.00 Weakest Link. (R) 12.45 Classic Masterminds. (R) 1.15 Film Private's Progress. (1956) Comedy starring Ian Carmichael. 2.45 A Taste of My Life. (R) 3.15 Great Barrier Reef. (R) 4.15 Journeys from the Centre of the Earth. (R) 5.15 Vintage Antiques Roadshow. (R) 6.00 Eggheads. (R) 6.30 Flog It! Trade Secrets. 7.30 Great British Railway Journeys. (R) 8.00 Restoration Home. 9.00 Welcome to the World of Weight Loss. 10.00 The Culture Show at Edinburgh. Funny Women. 10.30 Newsnight. Weather. 11.20 Dara Ó Briain's Science Club. (R) 12.20 Horizon – Defeating the Hackers. (R) 1.20 Sign Zone. Australia with Simon Reeve. (R) 2.20 This Is BBC Two.

ITV 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. (R) 10.30 This Morning. 12.30 Star Treatment. 1.30 ITV News. Weather. 1.55 ITV News London Weather. 2.00 Storage Hoarders. 3.00 Secret Dealers. 3.59 ITV London Weather. 4.00 Long Lost Family. (R) 5.00 Take on the Twisters. 6.00 ITV News London. Weather. 6.30 ITV News Weather. 7.00 Emmerdale. 7.30 Coronation Street. 8.00 Midsomer Murders. (R) 10.00 ITV News at Ten. Weather. 10.30 ITV News London. Weather. 10.35 Great Night Out. 11.35 The Dales. (R) 12.05 Jackpot247. 3.05 Film. Columbo: Playback. (1975) Crime drama, with Peter Falk. 4.15 ITV Nightscreen. 5.05 The Jeremy Kyle Show. (R)

Channel 4 6.10 The Hoobs. (R) 6.35 The Hoobs. (R) 7.00 Hughs 3 Good Things. Best Bites. 7.10 According to Jim. (R) 7.35 Will & Grace. (R) 8.00 Fraser. (R) 8.30 Everybody Loves Raymond. (R) 9.00 The Big Bang Theory. (R) 10.30 The Big Bang Theory. (R) 11.00 Hollywood Mo. (R) 12.00 Channel 4 News Summary. 12.05 A Place in the Sun. Home or Away. (R) 1.05 Jamie's 15 Minute Meals. (R) 1.35 Film. The Lavender Hill Mob. (1951) Ealing comedy starring Alec Guinness. 3.10 Countdown. 4.00 Deal or No Deal. 5.00 Come Dine with Me. (R) 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thoughts. 8.00 How Not to Get Old. 9.00 24 Hours in A&E. 10.00 The Last Leg. 10.50 I'm Spaziinus. 11.20 8 Out of 10 Cats Does Countdown. (R) 12.20 Film. Scream. 12.30 Shameless. USA. 1.25 Film. Kiss Them for Me. (1957) 3.10 Three in a Bed. (R) 4.05 Deal or No Deal. (R) 5.00 Countdown. (R) 5.45 Baking Mad with Eric Lanlard. (R)

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Thursday

BBC1 6.00 Breakfast. 9.15 Hes Hunters (R) 10.00 Homes Under the Hammer (R) 11.00 Countryside 999 (R) 11.45 Don't Get Done Get Dom. 12.15 Bargain Hunt. 1.00 BBC News Weather. 1.30 Regional News Weather. 1.45 Doctors. 2.15 Perfection. 3.00 Escape to the Country. 3.45 Wanted Down Under (R) 4.30 Put Your Money Where Your Mouth Is. (R) 5.15 Pointless. (R) 6.00 BBC News. Weather. 6.30 Regional News Programmes. Weather. 7.00 The One Show. 7.30 EastEnders. BBC News Regional News. 8.00 Celebrity MasterChef. 9.00 Paul O'Grady's Working Britain. 10.00 BBC News. 10.25 Regional News Weather. 10.35 Who Do You Think You Are? (R) 11.35 Film. City Hall. (1996) Political drama, starring Al Pacino and John Cusack. 1.20 Holiday Weatherview. 1.25 BBC News.

BBC2 6.00 This Is BBC Two. 6.05 Homes Under the Hammer (R) 7.05 Countryside 999 (R) 7.50 Don't Get Done. Get Dom. 8.20 Sign Zone. Saints and Scroungers. (R) 9.05 The Sheriffs Are Coming. (R) 10.05 Robbed. Raided. Reunited. (R) 10.35 HARDtalk. (R) 11.00 BBC News. 11.30 BBC World News. 12.00 Weakest Link. (R) 12.45 Classic Masterminds. (R) 1.15 Film. Private's Progress. (1956) Comedy starring Ian Carmichael. 2.45 A Taste of My Life. (R) 3.15 Great Barrier Reef. (R) 4.15 Journeys from the Centre of the Earth. (R) 5.15 Vintage Antiques Roadshow. (R) 6.00 Eggheads. (R) 6.30 Flog It! Trade Secrets. 7.30 Great British Railway Journeys. (R) 8.00 Restoration Home. 9.00 Welcome to the World of Weight Loss. 10.00 The Culture Show at Edinburgh. Funny Women. 10.30 Newsnight. Weather. 11.20 Dara Ó Briain's Science Club. (R) 12.20 Horizon – Defeating the Hackers. (R) 1.20 Sign Zone. Australia with Simon Reeve. (R) 2.20 This Is BBC Two.

ITV 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. (R) 10.30 This Morning. 12.30 Star Treatment. 1.30 ITV News. Weather. 1.55 ITV News London Weather. 2.00 Storage Hoarders. 3.00 Secret Dealers. 3.59 ITV London Weather. 4.00 Long Lost Family. (R) 5.00 Take on the Twisters. 6.00 ITV News London. Weather. 6.30 ITV News Weather. 7.00 Emmerdale. 7.30 Coronation Street. 8.00 River Monsters. (R) 8.30 Coronation Street. 9.00 Doc Martin. (R) 10.00 ITV News at Ten. Weather. 10.30 ITV News London. Weather. 10.35 Film. Pitch Black. (2000) 12.25 Jackpot247. 3.00 Film. Columbo: A Case of Immunity. (1975) Detective drama, starring Peter Falk. 4.15 ITV Nightscreen.

Channel 4 6.10 The Hoobs. (R) 6.35 The Hoobs. (R) 7.00 Hughs 3 Good Things. Best Bites. 7.10 According to Jim. (R) 7.35 Will & Grace. (R) 8.00 Fraser. (R) 8.30 Everybody Loves Raymond. (R) 9.00 The Big Bang Theory. (R) 10.30 The Big Bang Theory. (R) 11.00 Hollywood Mo. (R) 12.00 Channel 4 News Summary. 12.05 A Place in the Sun. Home or Away. (R) 1.05 Jamie's 15 Minute Meals. (R) 1.35 Channel 4 Racing. Coverage of the second day of the Ebor Festival at York. 4.00 Deal or No Deal. 5.00 Come Dine with Me. (R) 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thoughts. 8.00 Location. Location. Location. 9.00 Film. The Imposter. (2012) 10.55 Random Acts. 11.00 24 Hours in A&E. (R) 12.00 Ramsay's Hotel Hell. (R) 1.00 Legally Blonde. 2.55 Film. Stones. (R) 1.50 Why Don't You Speak English? 2.45 Ade Adepitan Journey of My Lifetime. (R) 3.40 Whale's Furfo? (R) 3.45 Deal or No Deal. (R) 4.40 Countdown. (R) 5.25 Baking Mad with Eric Lanlard. (R) 5.50 Kashes Vintage Gems. (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 Cowboy Builders. (R) 12.10 5 News Lunchtime. 12.15 The Billion Dollar Wreck Hunt. (R) 1.15 Animal A&E. 1.45 Neighbours. 2.20 CSI: Miami. (R) 3.15 Film. Bonneville. (2006) 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Animal A&E. (R) 6.30 NewsTalk Live. 7.00 Cricket. The Ashes. 5 News Update. 8.00 It's Not Easy Being a Traveller. 5 News at 9. 9.00 Celebrity Big Brother. Live Launch. 11.00 Celebrity Big Brother's Bit on the Side. 12.00 SuperCasino. 3.55 Great Artists. (R) 4.20 Divine Designs. (R) 4.45 House Doctor. (R)

Friday

BBC1 6.00 Breakfast. 9.15 Hes Hunters (R) 10.00 Homes Under the Hammer (R) 11.00 Countryside 999. (R) 11.45 Don't Get Done, Get Dom. 12.15 Bargain Hunt. 1.00 BBC News. Weather. 1.30 Regional News. Weather. 1.45 Doctors. 2.15 Perfection. 3.00 Escape to the Country. (R) 3.45 Wanted Down Under. (R) 4.30 Put Your Money Where Your Mouth Is. (R) 5.15 Pointless. (R) 6.00 BBC News. Weather. 6.30 Regional News Programmes. Weather. 7.00 The One Show. 7.30 EastEnders. Dash of the Day. (R) BBC News Regional News. 8.00 EastEnders. 8.30 Celebrity MasterChef. 9.00 Big School. 9.30 Mrs Browns Boys. (R) 10.00 BBC News. 10.25 Regional News. Weather. National Lottery Update. 10.35 Would I Lie to You? (R) 11.05 Premiere. 11.40 Film. Derailed. (2005) Thriller starring Jennifer Aniston and Clive Owen. 1.20 Weatherview. 1.25 BBC News.

BBC2 6.00 This Is BBC Two. 6.10 Homes Under the Hammer (R) 7.10 Countryside 999. (R) 7.55 Don't Get Done. Get Dom. 8.25 Sign Zone. Robbed. Raided. Reunited. (R) 8.55 Formula 1 Belgian Grand Prix: Practice One. 10.25 Film. The Magnificent Showman. (1964) 12.50 Formula 1 Belgian Grand Prix: Practice Two. 2.35 Coast. 3.25 Great Barrier Reef. (R) 4.15 Journeys from the Centre of the Earth. (R) 5.15 Vintage Antiques Roadshow. (R) 6.00 Eggheads. 6.30 Flog It! Trade Secrets. 7.30 Great British Railway Journeys. (R) 8.00 Mastermind. 8.30 Gardeners' World. 9.00 The Borrowers. Animals Underground. 10.00 The Big (R) 10.30 Newsnight. Weather. 11.05 Film. Kidulthood. (2005) 12.30 Sign Zone. David Starkey's Music: A Monarchy. (R) 1.30 This Is BBC Two.

ITV 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. (R) 10.30 This Morning. 12.30 Star Treatment. 1.30 ITV News. Weather. 1.55 ITV News London. Weather. 2.00 Storage Hoarders. 3.00 Secret Dealers. 3.59 ITV London. Weather. 4.00 Long Lost Family. (R) 5.00 Take on the Twisters. 6.00 ITV News London. Weather. 6.30 ITV News. Weather. 7.00 Emmerdale. 7.30 Coronation Street. 8.00 Ever Monsters. (R) 8.30 Coronation Street. 8.00 Doc Martin. (R) 10.00 ITV News at Ten. Weather. 10.30 ITV News London. Weather. 10.35 Film. Pitch Black. (2000) 12.25 Jackpot247. 3.00 Film. Columbo: A Case of Immunity. (1975) Detective drama, starring Peter Falk. 4.15 ITV Nightscreen.

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Waitrose to be new publisher of The Good Food Guide

WAITROSE has become the new publisher of Britain's best-selling restaurant guide, The Good Food Guide.

The retailer intends to continue to operate the 63-year-old publication as an independent and authoritative guide to eating out in the UK. The purchase includes the website in addition to the print copy.

The purchase of The Good Food Guide builds on Waitrose's growing presence as a food expert across a number of communications channels. These include the weekly newspaper Waitrose Weekend, the monthly magazine Waitrose Kitchen, and Waitrose TV, which offers cookery and gardening advice via an online portal on Waitrose.com.

Consultant Editor of The Good Food Guide, Elizabeth Carter, said:

"The Good Food Guide will continue to maintain its reputation as the country's foremost independent restaurant guide. We will be offering the same high calibre, knowledgeable restaurant reviews which have helped the Guide become the respected publication it is today. Joining the Waitrose family marks a new chapter in its prestigious history."

Brits preserve the best of the summer's flavours

THE WEATHER may have been a little unpredictable this year but according to Waitrose, British soft fruit has never tasted so good.

When it comes to British strawberries and cherries the weather has meant they've been able to stay on the plant longer which has helped the sugars to develop resulting in the most succulent, sweet flavours.

When the fruit tastes this good,shoppers just can't get enough and they appear to be buying them in larger packs than previous years. The Waitrose large Cherry Lovers box (800g) is up 38% yoy and is twice the size of what shoppers would normally buy.

According to Waitrose if this trend continues the 800g box is on course to become the second biggest seller in the category by the end of the season which has never happened before.

Strawberries are being purchased in larger quantities too the 1kg punnet is up a staggering 823% year on year.

Nicki Bagnott, Waitrose soft fruit buyer comments, "Our customers seem to be celebrating the delicious British fruit season in style, buying bigger boxes than in previous years.

She continues, "Although the season started approximately three weeks later, availability is good and the quality of the fruit right now is exceptional. The flavours are so good our customers tell us that as well as enjoying the fruits fresh, they're preserving the flavours too by making jams, summer compotes and even bottling the cherries, which are delicious with added liqueurs."

Making jam is something top chef Nigel Slater encourages, especially when the fruit is so sweet and in season – by using the natural sugars from the fruit you require less processed sugar making an all round more delicious jam.

British cherries are expected to remain in Waitrose branches nationwide until early September while British strawberries look set to be on shelf until November.

Own your brewery - is crowdfunding good for the British brewing industry?

THIS RISE in popularity of craft ale has brought with it a desire and passion for many to start brewing their own ales. This isn't like the homebrews of the 80's, ruined strong liquid only fit for stripping wallpaper. These guys are cooking up some seriously sophisticated, flavoursome beers.

And now with social networks and crowdfunding websites home brewers can realise their dreams becoming successful nano-brewers, craft brewers or even brewpubs.

America is seeing a huge trend in nano-breweries with hundreds popping up across the country. And the UK is hot on their heels.

Kickstarter, CrowdCube or self funding projects publicised through social media channels are becoming more prevalent.

But what effect will this have on the British brewing landscape? More choice, innovation, collaborative working and small businesses having access to funds that wouldn't normally be available?

Or on the flip side what's the potential negative impact on the sector? Inexperienced people jumping on the craft ale bandwagon with no real expertise or business sense damaging the renaissance the sector is currently enjoying. What about market saturation, is this a risk? And let's not forget many of these ales won't reach enough people with limited distribution and will probably lack spare funds after investing in their brewing capabilities to actively market their products.

Only time will tell what the true impact will be on the industry but for now consumers can enjoy a astounding array of quality ale.

Cheers.

Preserving a tradition - homemade jam on the rise

HOMEMADE jam is coming back into fashion for the first time in almost 50 years, says high street store Debenhams.

A new, younger generation of British jam makers is taking up the tradition to save money.

Demand for stainless steel jam saucepans, jam sealing sets, thermometers and jam spoons has rocketed.

A glut of cheap British soft fruit, created by the good weather, is also helping to drive the boom.

Said Debenhams Cookware Buyer Mandy Probert: "For the first time, jam making is no longer the preserve of the Women's Institute.

"It's becoming the rock and roll of the cookery world and we expect it to become just as successful as home baking."

The news comes despite recent, controversial EU regulations prohibiting the sale of homemade jam unless strict hygiene rules have been adopted.

Short videos revealing the secrets of how to make great tasting jam are now some of the most popular items on Youtube.

One feature showing how to make strawberry jam has already attracted almost 700,000 viewers in just four months.

Top chefs such as Delia Smith, Jamie Oliver, and James Martin now regularly include jam-making recipes in their books.

Others such as Hugh Fearnley-Wittingstall and Nigel Slater constantly urge everyone to use preserves as a great way to make the most of seasonal British crops.Jam makers believe that homemade preserves often tastes better than shop bought equivalents – and cost a quarter of the price.

In addition, making your own jam creates a greater range of flavours and ingredients.

Rose petal jam, cardamom spiced plum jam, pepper jam and champagne jam are just some of the variations commonly prepared in British homes.

Continues Mandy Probert: "Jam making is the latest indication that Britain is returning to traditional values which are popular in time of uncertainty.

"Home baking, jam making, and the trend to mend and make do reached a peak during the Second World War, but have been declining ever since – until now.

"They seem to demonstrate that building a safe secure family environment is in the forefront of everyone's mind, especially during times of economic turbulence."

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The Ship's Christmas Party Menu

(Full A La Carte menu is also available during December)

Christmas Party nights are every Thursday, Friday and Saturday from 30th November to 21st December

Starters

Herbed vegetable and whitebean soup
Smoked salmon roulade, capaccio of beetroot and vodka creme fraiche
Clementine, feta, kalamata olive and fennel salad
Chicken and shiitake mushroom pate, kumquat marmalade, rustic bread

Mains

Slow cooked lamb fillet, potato mousseline, saffron and shallot puree
Roast turkey, pigs in blankets, roast potatoes and cranberry sauce
Oven baked bream, basil and sun blushed tomato crumb, crushed new potatoes and pesto dressing
Griddled halloumi with lentils, cous cous and festive spiced seeds

All main courses are served with cauliflower cheese and vegetable puree

Desserts

Christmas pudding and brandy sauce
Lemon and lime tart with limoncello
Chocolate and kirsch mousse
Manga and pamegranate pavlova
Shilton with biscuits and port chutney

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£35 per person for Christmas Party Nights,
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£55 per person for private dining

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Natural relief from mosquito bites

Denise Kelly

FEW THINGS are more annoying than the itching and scratching that accompanies a fat juicy mosquito bite! When a mosquito bites us, we itch due to the residual saliva left behind from the insect's feasting on our blood. Fortunately, just as Mother Nature has honored us with the presence of these buzzing nuisances...she has provided us with some great natural remedies for treating the mosquito bite too.

1. Vinegar

When you first notice the itchy bite, try applying a small amount of vinegar directly to the bump. If you have many bites, you may want to take a very hot bath in a tub filled with water and 2 1/2 cups of vinegar. I would personally recommend using organic apple cider vinegar.

2. Aloe

An excellent remedy for mosquito bites, as well as many other conditions. Not only will it help ease the itching and swelling from the bite, but it will also aid in healing the wound. Preferably you can use fresh gel directly from an aloe plant or use organic juice bought from a good health shop. They both work well at providing relief.

3. Baking Soda & Water

Another simple remedy for mosquito bites is to make a thick paste of baking soda and water. Then apply this paste generously to the affected area. You should feel the swelling and itching subside shortly afterwards.

4. Toothpaste

For quick relief from mosquito bites, try applying a small amount of all-natural peppermint toothpaste. Allow the paste to dry and leave for as long as desired.

5. Lime and/or Lemons

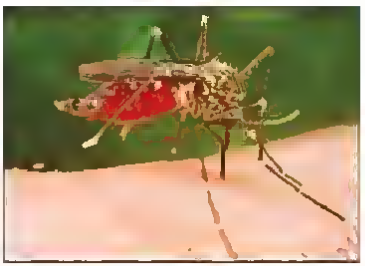
I usually apply a small amount of lime juice directly to the bites. Lemon juice also works well. It also works by rubbing the bite with the lemon or lime peel, but I usually prefer to use the juice. This also helps in keeping the wound from becoming infected from the grit and grime of fingernails when scratching!

6. Essential oils

There are many essential oil that can help provide temporary relief for mosquito bites. My favorites are tea tree, rosemary, lavender, witch hazel and cedar oil. Take a small amount and dilute it with water, then apply directly to the bite.

7. Garlic

Try rubbing a piece of raw garlic on the wound. It is possible that you will feel a small amount of mild burning, but you should feel some major relief afterwards. This is not one that I use with my children, and is wise for to use caution when using this natural remedy. However the smell of garlic will also help repel the mosquitoes from rubbing away at you later that day!



Denise Kelly is a BANT (British association of Nutritional therapists) registered Naturopathic Nutritional Therapist. She writes Nutrition Programs for a variety of organisations and has a private practise in Chichester West Sussex and is the founder of K 4 Fit Kidz. Tel: 01243 528040 www.denisekelly.co.uk

From Epsicle to Popsicle

Fact: The Popsicle was invented by an 11 year old who kept it secret for 18 years. The inventor was Frank Epperson who, in 1905, left a mixture of powdered soda and water out on the porch, which contained a stir stick. That night, temperatures in San Francisco reached record low temperature. When he woke the next morning, he discovered that it had frozen to the stir stick, creating a fruit flavored ice treat that he named the Epsicle. 18 years later he patented it and called it the Popsicle.

Do it for the kids!

GIVING UP smoking is one of the best things you can do for your children, but also one of the hardest. The dangers of smoking are well-known but people who inhale second hand smoke are also at risk of many of the same diseases. Children in particular are more vulnerable to passive smoking because they have a higher breathing rate and less developed airways, lungs and immune systems. Pregnant woman can also pass harmful chemicals onto their unborn baby. Children who are exposed to smoke in the home have a higher risk of Cot Death, breathing difficulties, pneumonia, asthma and ear infections. Smoking in a car with the windows open, or near an open door won't remove the smoke- the chemicals remain in the air and on your clothes.

If you do smoke and have tried (and failed) to give up in the past, don't feel disheartened. Nicotine is an extremely addictive drug and makes smoking one of the hardest things to quit. It's easy to pass judgement on smokers, but the truth is that most really do want to stop. The thought of never having another cigarette can be daunting, so start by taking one day at a time. The key is to focus on the benefits of being smoke free and access the right support. Let your family and friends know that you are intending to stop smoking and ask them to support you. In addition, there are a whole host of free NHS services that can provide advice and encouragement as well as one to one sessions and where appropriate, prescription medication. You really aren't on your own!

The benefits of becoming smoke free are immeasurable. Your children are no longer exposed to toxins and chemicals, making them less vulnerable to illness and your family are at less risk from the dangers of a house fire. You will feel healthier, breathe easier and greatly reduce your risk of getting a serious disease from smoking, such as lung or throat cancer. Not only will you have more money to spend on your family, you will have more years to give them too!

Chichester Nursery School, Children and Family Centre Stop Smoking Drop in Clinic 12.30-2.30 pm

www.nhs.uk/smokefree or call 08001690169

Dengue Fever on the rise

HOLIDAYMAKERS and travellers are being advised to take extra precautions to protect against insect bites, following a three-fold increase in cases of Dengue Fever since January 2013.

Spread by the Aedes aegypti mosquito, Dengue Fever is an infectious tropical disease common in tropical and sub tropical parts of the world.

Symptoms include a severe 'flu-like' illness with headache, muscle pain and skin rash. In rare cases more serious symptoms can develop.

At present there is no preventative vaccination for Dengue Fever. Health authorities are advising travellers to take precautions by covering exposed skin with long sleeve tops and trousers and using an effective mosquito repellent.

Mosi-guard Natural, the world's most widely used natural insect repellent offers powerful protection against a wide range of biting insects, ticks and leeches.

The highly effective formulation is free from DEET, a synthetic chemical used widely in repellents. Instead Mosi-guard Natural uses Citriodiol®, nature's most effective repellent, which is derived from Lemon Eucalyptus Oil. In trials Citriodiol® has demonstrated effective protection for up to 8 hours after a single application.

A fresh, clean scent, Mosi-guard Natural is suitable for use on adults and children from the age of three months and can be used in high and low risk areas where malaria and other insect transmitted diseases, such as Dengue Fever are present. From sticks and roll-ons, to sprays and creams, Mosi-guard Natural offers a range of formats to suit. Available from mosiguard.com, prices start at £7.29

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Skinny jeans top the list of best-loved fashion items

SKINNY JEANS have been named Britain s best loved fashion item of all time, a survey has shown. The skin-tight denim trousers that became popular a decade ago came top beating classics such as the 'little black dress', the biker jacket and even the iconic 60 s miniskirt.

The skinny-legged jeans, made famous by the likes of Kate Moss, Sienna Miller and Cara Delevingne, beat all other varieties including flares, boot-cut and hipster styles.

Other loved fashion items to make the top 30 list were ballet pumps, the push-up bra and a classic denim jacket, revealed in the poll by the UK's largest online market place, eBay.

The maxi dress and leggings, which have had a resurgence of late, also made the top 30 list.

Staple wardrobe items like a white t-shirt, black blazer and shift dress were also on the list, as was a traditional trench coat and a cosy pair of sheepskin boots.

Completing the top twenty was the popular bodycon dress made famous by the likes of WAGS and the TOWIE cast.

More classic fashion staples that made the most loved list were polo neck jumpers, military jackets and a trusty checked, lumberjack shirt.

The 2000 women polled also said that tops made up the majority of their wardrobe, followed by jeans and dresses respectively.

Celebrating the 140th anniversary of jeans, the research additionally revealed that the average British woman spends an average of £33 on a pair of jeans, and owns a total of seven pairs.

However, one in 20 females say they had between 16-20 pairs.

Emily Kerr, UK head of fashion at eBay says: "Jeans are a fashion staple that have well and truly stood the test of time.

"Skinny jeans are a modern twist on the traditional style of jean, but that just shows how the shape and cut of jeans has varied over the decades.

"There are currently over 676,000 live listings of jeans on eBay from fashion retailers such as French Connection, Superdry, House of Fraser and smaller businesses as well as vintage pieces from consumer sellers.

"Over 80,000 of these jeans are in the nation's favourite skinny style."

Two thirds of British women said that jeans are the item of clothing that they wear most regularly and 84% of recipients agree that jeans are a classic wardrobe staple.

In contrast, the shell suit was rated as the worst fashion item of all time by a third of ladies just ahead of the 80 s favourite – the puffball skirt.

Other fashion horrors to emerge were bumbags, leather trousers and leg warmers.

In addition to cagoules, hoodies and ponchos.

Crop tops and sheepskin boots seem to divide the nation s fashions lovers as they appeared on both the best and worst list.

The poll also found that nineties girl band B*witched were the celebs most associated with denim, followed by James Dean and John Wayne.

Laura Pattison, Director of Marketing and Communications at Jeans for Genes Day added: "The Jeans for Genes Day team are delighted that we have been chosen as the official charity of eBay's 140th anniversary of jeans campaign. The money that will be raised from the B*Witched auction will be invaluable to us and make a huge difference to the lives of the children our charity helps."

Most loved fashion item

1. Skinny jeans
2. Little black dress
3. Boot cut jeans
4. Maxi dress
5. Leather biker jacket
6. Knee-high boots
7. Mini skirt
8. Stilettos
9. Leggings
10. Push-up bra

Most hated fashion items

1. Shell Suit
2. Puffball skirt
3. Bum bag
4. Crocs
5. Leather trousers
6. Monokini
7. Leg warmers
8. G-string
9. Shoulder pads
10. Platform trainers

eBay has also teamed up with pop band B*Witched to host an exclusive celebrity auction in aid of UK charity, Jeans for Genes Day. The group, who were named the celebrities most associated with their denim style by the poll of 2,000 people, have donated their favourite pieces of denim from the 90s along with VIP backstage packages – including a meet and greet – for one of their highly anticipated 'The Big Reunion' shows.

Horoscopes

Horoscopes from Kimi
16th August – 22nd August

Aries

You may be looking at plans and drawings this week. Do you have some ongoing building project that needs your attention or perhaps you are thinking of redesigning your garden. Checking every little detail may be time consuming but trust me it will be cost effective! Someone close to you is skeptical with regard to your intentions reassure them!

Taurus

Feeling uncomfortable with group dynamics? This could be colleagues or friends who are making you feel this way. You don't like the gossip leg pulling or perhaps even bullying. Speak up they may not realize they have gone too far. An unexpected invite to the theatre a concert or the cinema is on its way.

Gemini

Now you could have got it wrong on the other hand you may not. You are suspicious about what is being said to you by someone close to you. Does this person have an ulterior motive you ask yourself? Trust your instinct but listen too you may have misunderstood. Good week for kissing and making up!

Cancer

Stop looking over your shoulder or under the bed for that matter I speak metaphorically of course. No one is really out to get you. Dare I say it but this paranoia smacks a little of insecurity. You are doing fine in fact better than fine if you have a little faith in yourself others will have it too!

Leo

Things are beginning to move in the right direction on both the domestic and career fronts. There is only one fly in the ointment and that is your tendency to dwell on prior conflict or difficulties. Don't let things that happened in your past overshadow what should be a joyful week if not period. In your life! Have fun!

Virgo

You are exhausting at times. Why do you mentally pull things apart dissect analyze reanalyze and then still end up confused? Sometimes you can just over think things. This is one such time. Try and go with the flow a little this week you will be surprised by what happiness is in store if you do allow those feelings their head you could find yourself in hot water either on the domestic front or at work. Stay calm and remember that what you are feeling is more of a perceived problem than a real one.

Libra

Now it's time to really open up to your nearest and dearest. There is something that has been playing on either your mind or perhaps the mind of a partner or loved one. The issue could be around family or children. Just talk it over it won t go away. Once out in the open it won't seem half so bad.

Scorpio

Wow is there anyone who won t be captured by your magnetism this week! You are on great form. Whether you are chairing a meeting speaking at a conference or simply giving forth at the pub everyone is listening to you. And it's not just your verbal skills that are attracting them you are giving off some great sexual chemistry.

Sagittarius

You may be feeling emotionally turbulent this week not quite insecure but bordering on it. Now it you

Capricorn

More clarity this week than last but you still have your suspicions. That's ok best to be prepared just don t let those suspicions spill over into your home life or things could get rocky. Try to stay positive and get out your partner will appreciate the change and if single you may get the flip you have been waiting for!

Aquarius

Well you were having such a good spell and now you seem to be thwarted at every turn. People just don t seem to get you! Truth is your family and friends may be feeling a little out of the loop. Time to catch up with them and let them know how important they are to you particularly parents or siblings.

Pisces

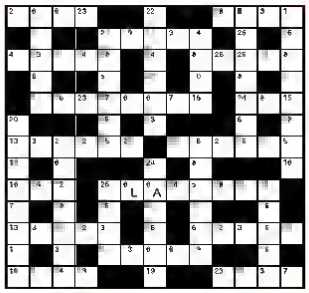
You have been focusing a little too much on the financial and physical recently and forgetting to have fun. You are looking great and feeling well and you have been shown a new appreciation at work so why not let your hair down a little. Don t turn down any invitations to party this week whatever the temptation. Work can wait!

Brain Gym

No.131

Codeword

Each number in the grid represents a different letter of the alphabet and every letter of the alphabet is used. Use the given letter(s) to the right of the main grid to start you off.



1	14
2	15
3	16
4	17
5	18
6	19
L	
7	20
8	21
A	
9	22
10	23
11	24
12	25
13	26

Last week's solutions:

1 K	2 T	3 E	4 L	5 P	6 A	7 G	8 I	9 R	10 D	11 Z	12 C	13 X
14 Q	15 H	16 J	17 F	18 N	19 M	20 Y	21 W	22 S	23 U	24 B	25 O	26 V

Wordsquare

E	I	L
E	G	D
L	S	A

Give yourself ten minutes to find as many words as possible using the letters in the grid. Each word must use the central letter and at least 3 others, and letters may be used only once. You cannot use plurals, foreign words or proper nouns, but verb forms ending in 's' are permitted. There is one 9-letter word to be found.

How you rate

15 words - average;
25 words - good;
35 words - very good;
40 or more - excellent

Last week's solutions

acme, ample, calm, came, camel, camp, claim, clam, clamp, clime, emcee, empiece, impale, impe-lame, amp, lime, limp, mace, mice, mile, mil pe, maple, meal, meals, mesa, mice, mice, mile, palm, piecemeal.

Double Crossword

Choose either quick or cryptic clues

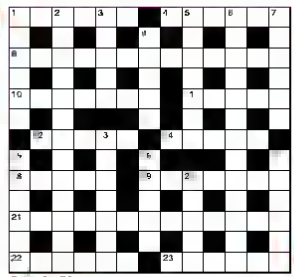
Cryptic Clues:

Across

1. One girl that is alike another (5)
4. Sort of hat used by gardeners? (6)
9. Distractions that may be standardised in a way (6,7)
10. All the same, I suite servicemen (7)
11. It's used in a theatre, or there about. (5)
12. Resplendent part of a flag lowered at sunset (5)
14. Ultimately refusing employment (5)
18. Large group in which order is loosely observed (5)
19. It may need a jack up before repairing (7)
21. Dust pumpkins above for life-buoys? (5,3)
22. Such a game is not for amateurs (6)
23. Spoils a signal and gets nine a row (5)

Down

1. A sailor has to scowl about hill (6)
2. Advantageously placed for a glamour photograph? (7,5)
3. Northern block house (5)
5. They give point to work in the theatre (7)
6. Surprised having forty winks (6,7)
7. Run and see perhaps, to make certain (6)
8. It's quite rough and ready as a rule (5)
13. Go over the limit who speed too much? (7)
15. Appear to express a fraud? (4,2)
16. Moving star perhaps (5)
17. One would be mad to be out of them! (6)
20. Excellent, but not fast, way to surpass others (5)



Quick Clues:

Across

1. Comment (6)
4. Bullds (6)
9. Weighing device (6,7)
10. Lingers (7)
11. Subject (5)
12. Once more (5)
14. Expert (5)
18. Repair (5)
19. Baggage (7)
21. Frankness (5-5)
22. Respect (6)
23. Account book (6)

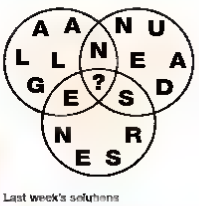
Down

1. Outcome (6)
2. Wedding celebrat on (9,5)
3. Scope (5)
5. Connected (7)
6. Meditat ng (13)
7. Searche (6)
8. Revile (5)
13. Concentrated (7)
15. Threefold (6)
16. Incline (5)
17. Mendicant (6)
20. Degree (5)

Last week's solutions.
CRYPTIC Across 1 Sound barrier; 7 Dotard; 8 Stake; 9 Eon; 10 Out and out; 11 Humble; 12 Entomb; 15 Free trader; 17 Ill; 18 Egan; 19 Revue; 21 Let me I alone. Down 1 Scene-shifter; 2 Dot; 3 Assets; 4 Resonance; 5 Erato; 6 Led to believe; 7 Denim; 10 Overthrow; 13 Dive; 14 Kernel; 16 Eagle; 20 Via.
QUICK Across 1 Decomposure; 7 Lithe; 8 Erode; 9 Dry; 10 Pirouette; 11 Afraid; 12 Sample; 15 Turpitude; 17 Era; 18 Guide; 19 Inter; 21 Internation. Down 1 Disadvantage; 2 Out; 3 Poetry; 4 Speculate; 5 Fiscal; 6 Declination; 7 Layer; 10 Privilege; 13 Place; 14 Muster; 16 Reign; 20 Imp.

Circlegram

Replace the question mark with a letter so that the letters within each circle can be arranged to form words on a common theme. What are the three words and the letter represented by the question mark?



Last week's solutions
The letter represented by the question mark is B. Sherbert, rumbelis, humbuge, all types of sweets

Alphamuddle

Rearrange the letters in the grid B to make five words that read both across and down. Five letters have been placed to start you off.

			A	
				E
	R			
		S		
L				

A

R	I	P	S	A
E	L	G	A	P
G	E	E	R	A
L	I	S	E	L
E	R	R	E	E

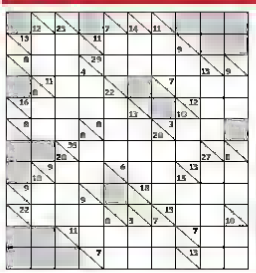
B

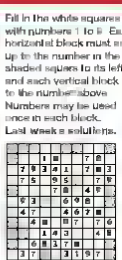
Last week's solutions
March, Adore, Rower, Creed, Herds

Kakuro

Fill in the white squares with numbers 1 to 9. Each horizontal block must add up to the number in the shaded square to its left, and each vertical block to the number above. Numbers may be used once in each block.

Last week's solutions.





Scribble pad

Sudoku

Fill in the grids below so that every column, every row and each of the 3x3 boxes contains all the digits from 1 to 9.

Last week's solutions > From top to bottom: Simple, Intermediate, Difficult

Simple

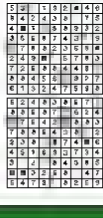
8		9		4				7
	2		5		7	6		
5				9		3	4	
7		5	2					1
	3			6	1		8	
		1			5	9		3
	6	7		5				4
		8					3	6
3	5			1		8		2

Intermediate

			5		6			
	7	8		4		9		5
5			8	9	7			4
	4			5			2	
	1						4	
	2			8			7	
4			9	6	8			3
3		1		2		6		
			3		1		5	

Difficult

7	4	3		9			6	
1								
	8		3		2			
9			2					8
		1		6		5		
					8			4
			9		1		4	
								1
	1			5		7	3	6



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Home & Garden

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Going away this summer? Secure your garden against green-fingered thieves

WHILE most of us ensure our house alarm is switched on, windows/doors locked and a light left on when we go on holiday – how secure is our garden?

As many people prepare to take their summer break, Harrison Murray estate agents , in light of a recent survey, are warning homeowners against green fingered thieves

Findings of research by a well-known comparison website reveal that one in five homeowners had been victim to garden thefts or vandalism while they were away on holiday

It says the average value of property either stolen or damaged was estimated to be worth just over £300, while 16 per cent of homeowners affected suffered losses to the tune of £500 or more

Harrison Murray head of estate agency Nick Salmon said "While the majority of homeowners think of their garden as an extension of their living space – with nice ornaments and stylish furniture – some don't always think about the value and security of their outdoor possessions in the same way as they do their house

"Homeowners can take a few simple steps to protect their garden against green-fingered thieves, particularly during the summer.

If you are going away, even for the weekend – lock any back or side gates or other entrances to the garden

Pack away out of sight any garden tools or equipment

Secure expensive plants with wire pegs dug into the ground around the root ball.

Use a security pen to mark valuable items, like garden furniture, ornaments or trampolines, with your postcode.

Install security lighting

Mend any broken fences or boundary gaps to deter opportunist thieves. Consider defensive planting like prickly hedges or shrubs

According to the research (conducted by Gocompare.com) the top five items stolen or damaged from gardens were:

- Bicycles (20 per cent)
- Garden sculptures or ornaments (16 per cent)
- Trees or shrubs (15 per cent)
- Garden furniture (12 per cent)
- Lawn mowers (8 per cent)

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Why rent when you can buy?

THERE ARE a number of challenges currently facing those who are hoping to break into the property ladder, including high deposits. Figures recently revealed by Halifax show that more people are now renting properties than ever before, meaning that trying to save for a deposit whilst paying rent is making the move to owning property more difficult.

However, getting onto the property ladder in Taunton is now more affordable than you might think and can be cheaper than renting thanks to the introduction of the Government's Help to Buy scheme.

According to award-winning housebuilder Crest Nicholson, and new build specialists The New Homes Group, Taunton homebuyers could save over £200 per month by purchasing a new home of their own.

The average monthly price of renting a three bedroom house in Taunton is £750, and £850 for a four bedroom property. This compares to monthly mortgage repayments of just £545 and £637 respectively when purchasing with Help to Buy at Crest Nicholson's Silk Meadows development.

Help to Buy is the new Government funded initiative that can help you buy a new home with a low deposit. With Help to Buy you need only a 5% deposit and 75% mortgage, the remaining cost of the property is funded by a 20% equity loan from the Government.

Adam Champion, Sales Director at The New Homes Group commented: "The amount of lending from banks has decreased in recent years, which has made it more difficult for people to buy into the housing market. Although renting may be a good short term option, it will never ensure that you own your own home.

"Help to Buy really is a great way to get onto the ladder, whether it's your first property, or you're hoping to get back into the market after renting for a while. There are a number of banks and building societies that support the service, so it's definitely worth seeing if the scheme can help you."

Laura Osborne, Senior Sales Manager for Crest Nicholson, added: "We know it can be very difficult to save for a deposit, especially if you are paying rent on a property. The great thing about the Help to Buy scheme is it allows those who don't have a sizeable amount of savings but are eligible for a mortgage to buy their dream home. If you're looking to move in Taunton, I'd strongly recommend coming in to see our sales team at Silk Meadows to find out how affordable owning your own home really can be."

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Good Luck!!

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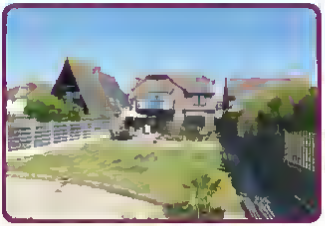
ALDWICK **£825,000**

Detached house situated on the beach front of the Aldwick Avenue private marine estate. The enviable location allows panoramic sea views from many of the principal rooms and direct access to the beach from the rear garden. This well presented property includes g.f.h., u.P.V.C. d/glazing, cloakroom, sitting room, morning room, dining room, study, kitchen/breakfast room, utility area, master bedroom with balcony & en suite bathroom, 3 further bedrooms, second bathroom, double garage, courtyard front garden with parking for additional vehicles & a South facing rear garden. EPC RATING D



ALDWICK BAY ESTATE **£825,000**

A detached beach front property in small cul-de-sac of private estate. This bright and spacious house includes g.f.h., u.P.V.C. d/glazing, South facing lounge and dining room, well fitted kitchen, study/bedroom five, cloakroom, master bedroom with bath/shower room, three further bedrooms, bathroom, double garage and South facing rear garden with swimming pool. Direct access to beach front. EPC Rating D

FORD **£795,000**

A detached cottage style house set in approx two acres of ground offering superb sweeping rural views. The property has potential for further development if required. Cloakroom, entrance hall/study, dual aspect living room, dining room, good size kitchen, separate utility room, master bedroom with en suite shower room, two further bedrooms, second shower room, detached triple garage with studio/office over, heated swimming pool and hot tub, 28' timber garden store. EPC Rating E

NYETIMBER **£420,000**

An extended and refurbished cottage style house situated in a quiet cul-de-sac. The specification includes g.f.h., refitted shower room, dual aspect living room, a ground floor bedroom/study, triple aspect kitchen/dining room, master bedroom with en suite shower room, two further double bedrooms, a dual aspect luxury bathroom, a recently constructed brick built garage and good sized secluded gardens. EPC RATING C

ALDWICK **£385,000**

A detached Georgian style house situated within 400 yards of the beach & around half a mile from shops and schools. The property has been refurbished & remodelled by the current owner & includes G.F.H., u.P.V.C. dble glazing, dual aspect lounge, good size kit/d.ning room, refitted cloakroom, master bedroom with refitted contemporary shower suite, three further bedrooms, refitted bathroom, detached double garage & a South East facing rear garden. EPC Rating D

ALDWICK BAY ESTATE **£279,000**

An elegant 3 bedroom first floor flat in a cul-de-sac of private estate, approx 300 yards from the beach. The property is well presented and offers bright and attractive accommodation. G.F.H., dining room with small balcony, sitting rm., fitted kitchen, balcony, bathroom, separate w.c., garage and communal gardens. EPC Rating of D

PAGHAM **£219,000**

A well presented two bedroom semi-detached bungalow situated in a cul-de-sac approximately 400 yards from shops and the beach. Bus services to Chichester and Bognor Regis are available around a 100 yards away. The current owners have modernised and refurbished the property in recent years and the specification now includes: gas fired heating, dble glazing, u.P.V.C. fascias & soffits, living room with patio doors overlooking the delightful rear garden, refitted kitchen, bathroom, parking & rear garden. EPC RATING D

Motors

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One in 200 drivers caught driving uninsured

226,803 DRIVERS in the UK have points on their licence for driving without insurance, according to a Freedom of Information (FOI) request by the IAM (Institute of Advanced Motorists)

The FOI request, directed to the DVLA, revealed that 194,997 full licence holders and 31,806 provisional licence holders have been caught driving without vehicle insurance and have received points for doing so – one in two-hundred drivers. In the 17-35 age range, one in every 100 people with a full driving licence has points for driving uninsured.

Figures also show that in both licence categories and all age groups it is men who are far more likely to commit this offence. In the 17-24 age category, men are four times more likely to have points on their licence for driving uninsured than women.

Other findings were:

People in the 25-35 age category are most likely to drive uninsured (81,003 with points).

Drivers over 65 were least likely to have points on their licence for driving without insurance (0.06%, or 3,867 people).

0.44% of people with a provisional license have been caught driving uninsured.

One in every 200 people with a full UK driving license has been penalised with points for driving without insurance.

IAM chief executive Simon Best said: "These findings are shocking. Those 200,000 individuals who drive whilst uninsured place the burden back on those who abide by the law through higher premiums and potentially the cost of vehicle repair.

"The most concerning fact is that this could just be the tip of the iceberg, as these numbers only represent those who have been caught and penalised. Insurance fraud and uninsured driving are also growing problems that need to be tackled through a coordinated approach from enforcement authorities. It is not acceptable that drivers pay up to £70 in higher premiums to compensate for those who ignore the law."

As well as six points and a fine for driving uninsured, an eighteen year-old with a £950 premium could expect to see this increase to £2,195. For a thirty year-old it would increase from £228 to £462.

Peter Harrison, car insurance expert at MoneySupermarket, said: "It's astonishing how many drivers are still prepared to hit the road without insurance. Not only is it illegal but you could face thousands of pounds in liability, a conviction, six points on your licence and a hefty fine should you be caught out or be involved in a crash. To make matters worse, uninsured drivers cost the insurance industry £500 million each year. Furthermore, insurance fraud adds £39 to the cost of every motor premium and uninsured driving an extra £30 – this is not fair on law-abiding motorists.

"The cost of insurance premiums will no doubt have influenced the decision from some drivers to forgo insurance altogether. However, the penalties for not having insurance are great, and could even result in your vehicle being confiscated. Although car insurance premiums may appear high, having suitable insurance and proving you are a safe driver will help bring premiums down over time. Not having insurance, and being caught without it, could result in you not being insurable in the future."

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Straight from the commentary box

Like a kid in a candy store

Johnny Cantor

WHATEVER tickles your fancy in the world of football, there has been something for everyone over the last week. At International level Rickie Lambert's goal on his England debut against Scotland sent many diving into the history books. Meanwhile in Conference South, Farnborough announced one of the most bizarre and controversial sponsorships. Players and managers officially changing their names by deed poll to stars of the past and present such as Pele, Messi, and Jose Mourinho.

The overriding feeling for me last night after the England game was the enthusiasm from Lambert for his country in his post match TV interview. Yes dreams come true but he was like a kid in a candy store. Yes Southampton is a Premier League Club but he admitted scoring the winner at Wembley for his country was the highlight of his career so far. Damn good to hear. It would be nice to see (yes I know they SAY they love playing for England) a few more demonstrative and passionate words from others. I'm not talking about all players but just feel that passion may be required if Roy Hodgson's side are to make it to Rio. It was great to see Jack Wilshire back as well, another who loves playing for England.

Meanwhile at Cherrywood Road in North Hampshire, Paddy Power announced the crazy new deal to sponsor the Conference South side. Yes a PR stunt surely. However many feel it's a bit disrespectful to the club and fans. The money is vital at that level but this gimmick feels like it's one step too far.

The two stories may appear unrelated but don't forget Rickie Lambert started his journey via the non league to Rochdale and onto the Premier League. In fact, he played for Bristol Rovers against the Albion several time scoring as recently as 2008. His story shows dreams can come true, time will tell if Jose Mourinho can lead Farnborough to the title in Conference South.

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Football

City up and running

Reports by Chester Browton

CHICHESTER CITY kicked off their new season in positive fashion as they battled for a point from their opening two games against strong opposition.

A 2-2 draw against Dorking Wanderers on Saturday was followed by a 1-1 scoreline on Monday night at home as Lancing were the visitors.

JOSH CASE struck twice upon his return for Chichester to give them a share of the points at home to Dorking.

Having last played for City in 2010/11, Case has re-joined from Hayling United and wasted no time in making his presence felt.

With the Wanderers getting held up in traffic, there was a delayed kick-off and despite their poor preparation the Surrey side dominated the game during the opening stages. City keeper Tom Cowell could only watch when a long range shot came out of nowhere and crashed back off the crossbar, and it was against the run of play that the hosts took the lead on 24 minutes.

LUKE KILLNER – back from a spell at Selsey – sent in a free-kick and Case's flicked header made it 1-0.

But moments later Julian Boniface was penalised for shirt pulling and Tom Tolfrey converted for Wanderers from the spot. And just before the interval City fell behind when Luke Harmsworth sent in a curling shot from the edge of the box.

The second-half degenerated into a stop-start affair with the referee continually whistling for fouls. This culminated in Chichester being awarded a rather soft penalty on 74 minutes with Case making no mistake to bring the scores level.

"I thought that Dorking were a decent, strong and mobile side with a good attacking threat," said joint-boss Sean Forry. "They maybe edged it on possession and possibly looked more dangerous in the final third.

"However, we defended extremely well and had our own fair share of chances. Given the way that our last ten days of pre-season had gone, Neil (Sherlock) and I were extremely pleased with the level of commitment and effort from our lads.

"They dug really deep to get back from behind in the second-half and in a game that could have gone either way in the last ten minutes, deserved a point that they arguably would not have won last season."

THERE WAS DRAMA at Oaklands on Monday night, with Chichester having two efforts ruled out before finally clinching a last-minute equaliser against Lancing.

HARRY GILBERT drove a shot into the net from midfield during the first half, and after the break MORGAN FORRY also hit what seemed another direct strike. On both occasions there appeared to be no contact or infringement but in each case the linesman flagged for offside, adjudging the balls had taken a touch on the way in.

Before reaching both decisions, the referee had to go over and discuss at length with his assistants prior to accepting their calls.

Inbetween, speedy lone-forward Alex Howells had put Lancing ahead on the hour, racing onto a ball from Ollie Hartley and slotting it under Tom Cowell.

It was a lead that was hardly deserved, with Chichester in command for most of the match but unable to convert their chances against the defensively-minded opposition.

But then in the 89th minute, a superbly taken City free-kick into the goalmouth led to substitute and youth team player ALEX ANSA heading in to make it 1-1 and give the final result at least some kind of justice.

City v Dorking: Cowell, Heath, Madden, Boniface, Hibbert, Gilbert, Groom, Killner, Gromett, Case, Forry. Subs: Ansa, Lee-Smith, F Smith. (Q Hair & Beauty man of the match: Joe Gromett)

Peter Hibbert receiving his man of the match accolade from sponsors Neil Sherlock, Pete Wins a pamper and haircut from sponsors Q Hair in North Street for his endeavours.

City v Lancing: Cowell, Heath, Madden, Boniface, Hibbert, Gilbert, F Smith, Killner, Gromett, Case, Forry. Subs: Ansa, Groom. (Q Hair & Beauty man of the match: Peter Hibbert)

Football

Early form impressive for Ladies

Pre-season friendly

Chichester City Ladies 2-1 Gillingham Ladies

CHICHESTER CITY LADIES continued their fine form of pre-season with a 2-1 win over Gillingham Ladies Thursday night at Oaklands Park. The national league side travelled down to play Chichester Ladies in what proved to be a high tempo and highly competitive match.

The Gills came out strongly and kept Chichester pinned in their half for much of the early exchanges of the match. The introduction of Jade Widdowson allowed Chichester to gain a foothold in the game and soon the Lillywhites pushed on and threatened the Gillingham goal. Before long, the ever present Lucie Challen slotted the ball home only to be denied by an offside decision. The second half progressed in a similar vein until Challen struck again, finding her form she beat two players to slot the ball home past a stranded keeper.

Gillingham responded well and pressed high and fast. MacNamara made a string of outstanding saves which kept City in the game. The Gillingham wide midfielder struck a shot from outside the box which took a massive deflection to loop into the Chichester goal. In response Cottam, on her first team home debut, executed a fantastic through ball to Shrubb who slotted the winner home.

Gillingham pushed hard for an equaliser and only the cross bar denied them on two occasions. Chichester continue their pre-season campaign away to Portsmouth Ladies this week.

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